MODERN MALE

ACME

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VOLUME ONE

8
MAGNIFICENT
COLOR
PAGES

TOR LIND
(Swede)

PHOTO ART OF TODAY'S GREAT YOUNG PHYSIQUES

EDWARD CHEEVER
(Bruce)

The
MODERN MALE

(Seated) — Serge Nubret — Henri Haggard — Christian Marchaudon — Jean Francois Bonamy — Marcellus Nubret. Luc Geslin

MEN OF THE MOMENT — A La Francaise!

JIM JOHNSTON
(Champion)

The MODERN MALE

No. 1

The International Publication

featuring Photographic Art of the Young Men-of-the-Moment with Studies in Health—Body-building—Diet—Exercise

With this issue we inaugurate a completely new publication in the Male Physique field which we hope will occupy a place of value for all it's readers. We will sincerely make every endeavor to bring to our public the finest photographic art in the physique field available today, along with valuable surveys and articles on health, diet, exercise and sports. In the future we expect to include Men's Fashions as well. The intention behind this volume is to offer a publication which will appeal to the artist — as an inspiration for greater work; to the student — as an instructive aid, to the body-builder — as a guide for exercise; to the health enthusiast as a symposium of helpful advice. The Modern Young Man should be alert, progressive and ever ready for the latest and best in the line of progress in all phases of life and this, too, is the aim of our newly formed publication. **THE MODERN MALE** is now yours, our reader, and is dedicated to helping you maintain your position as a **MAN-of-the-MOMENT,** ever alert, healthy and vitally interested in all of the finer things in life.

the Publishers

THE MODERN MALE **SPRING 1967** **VOLUME ONE**

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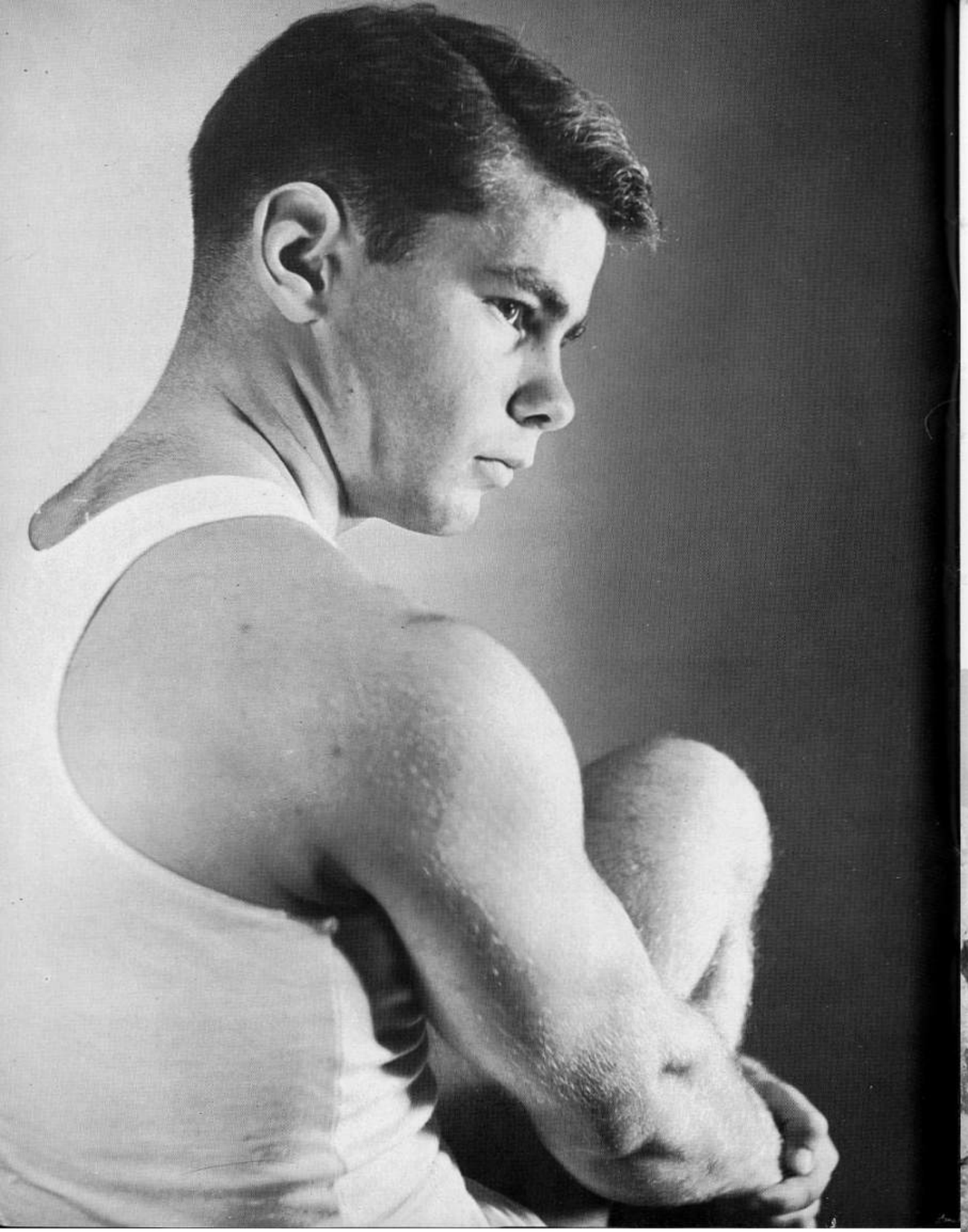
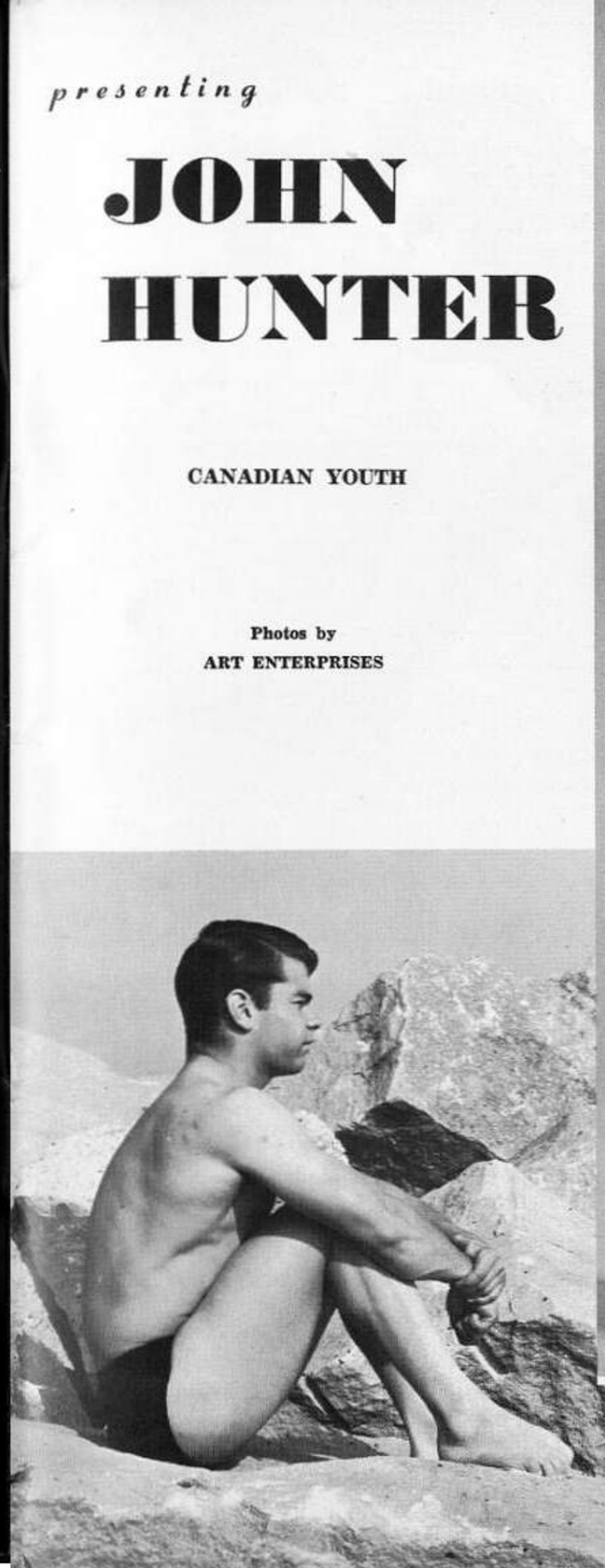


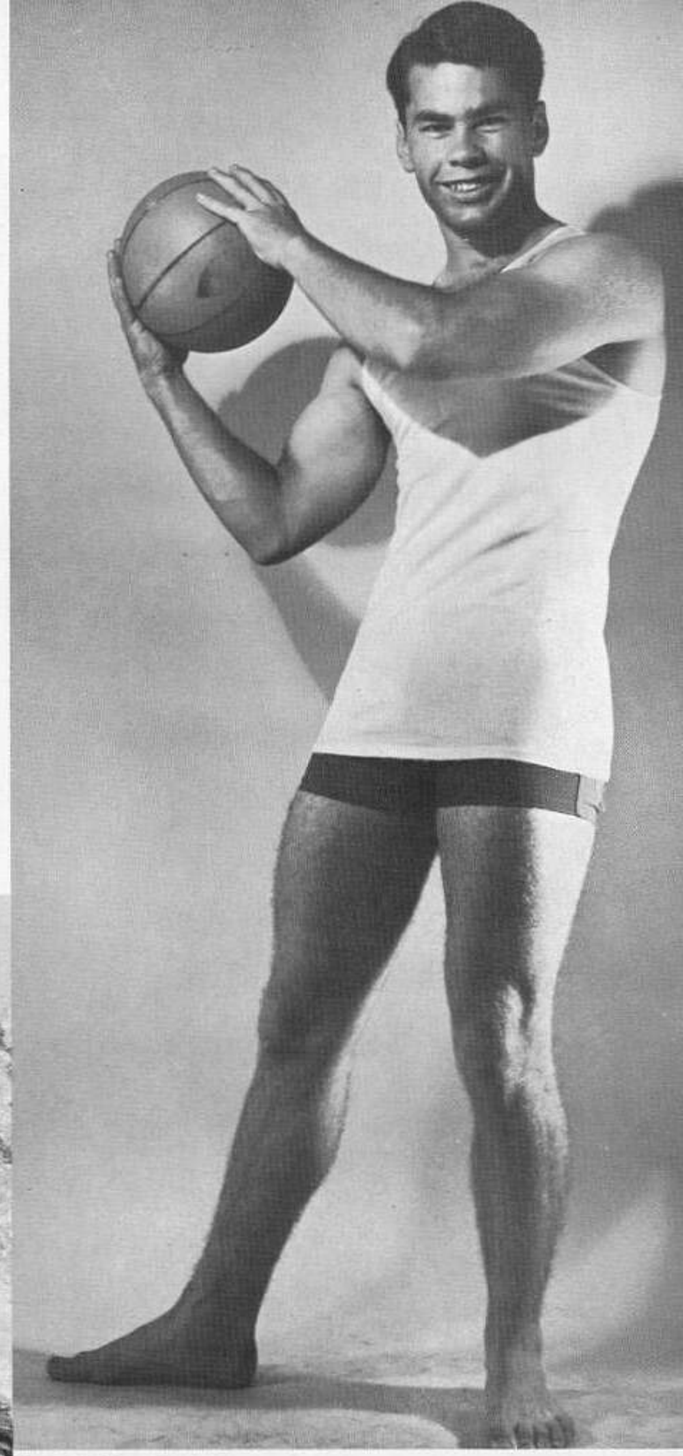
presenting

JOHN HUNTER

CANADIAN YOUTH

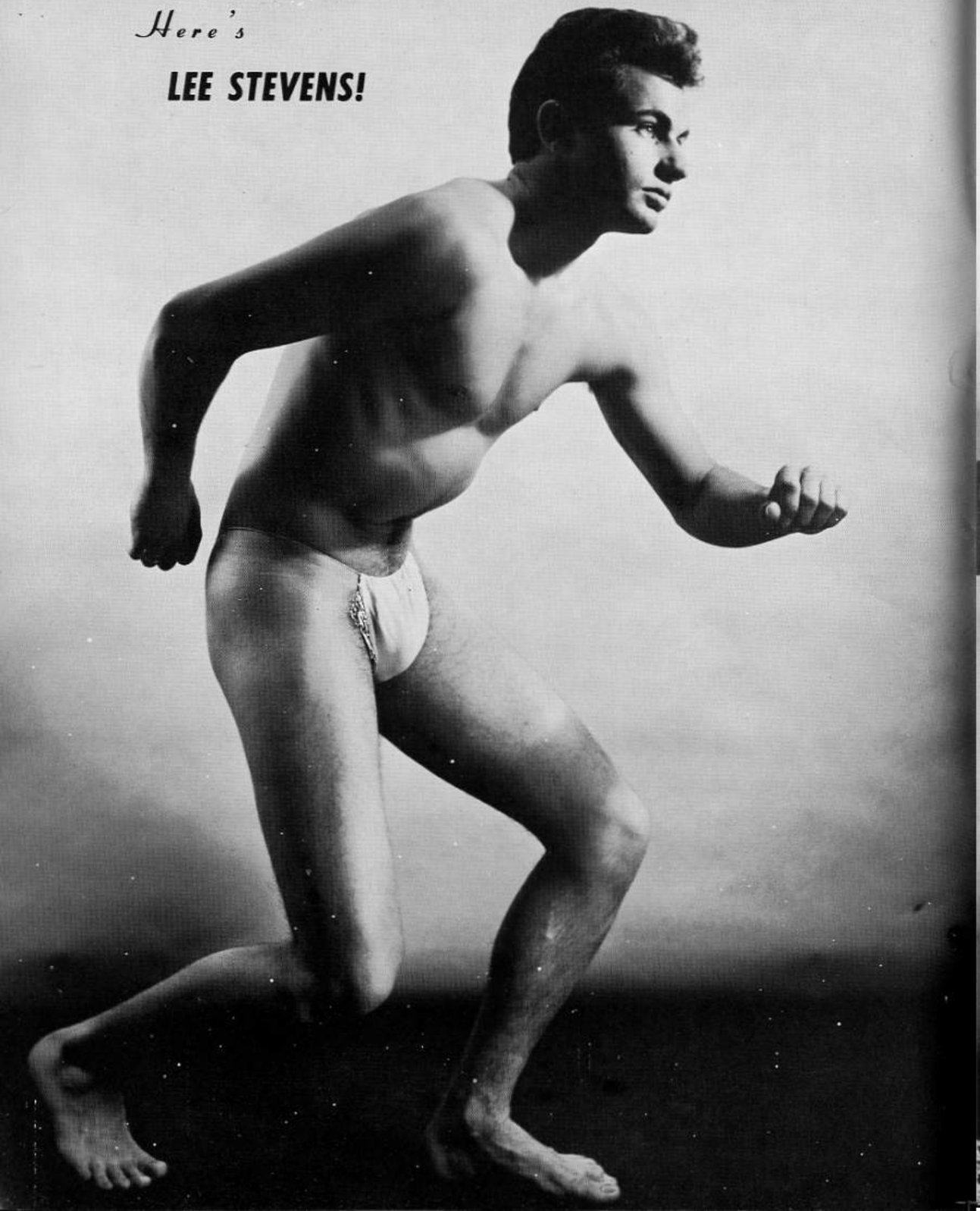
Photos by
ART ENTERPRISES





Here's

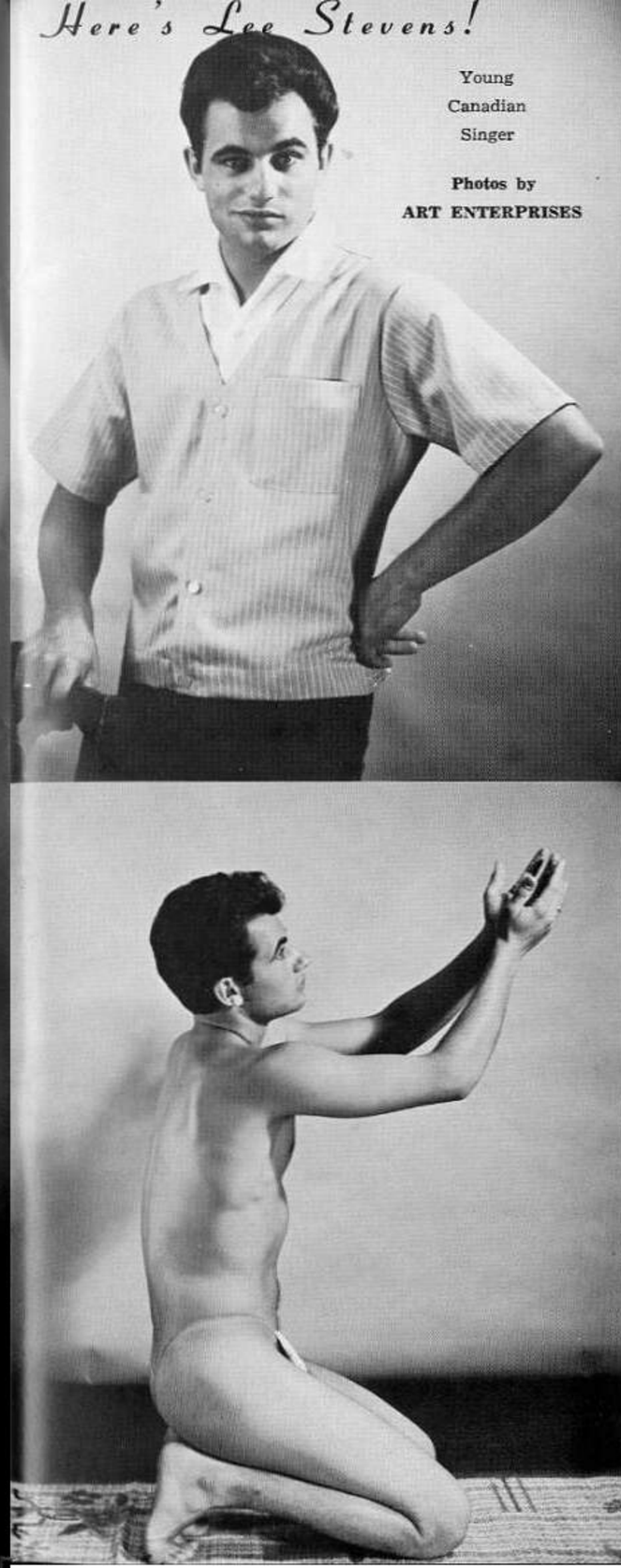
LEE STEVENS!

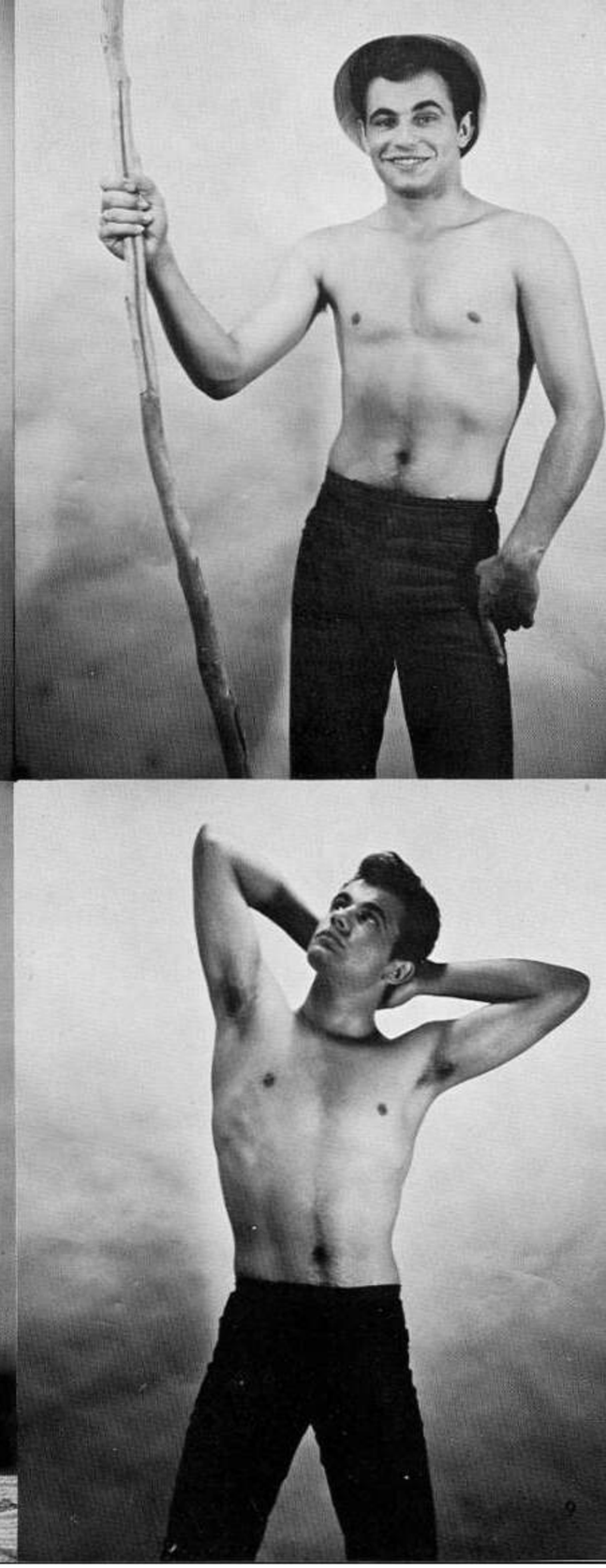


Here's Lee Stevens!

Young
Canadian
Singer

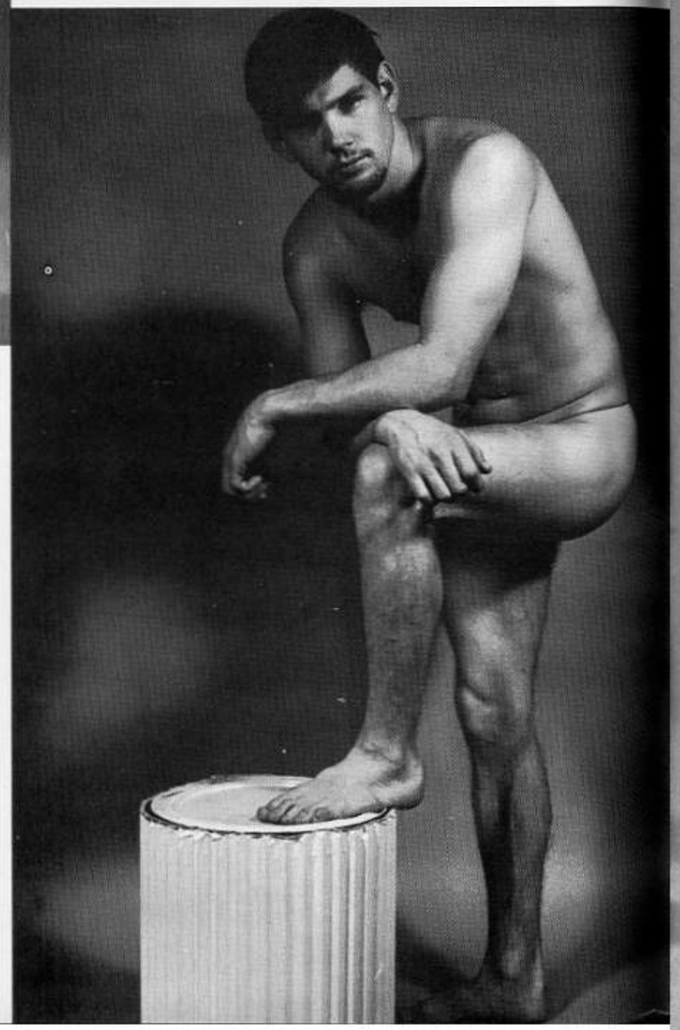
Photos by
ART ENTERPRISES



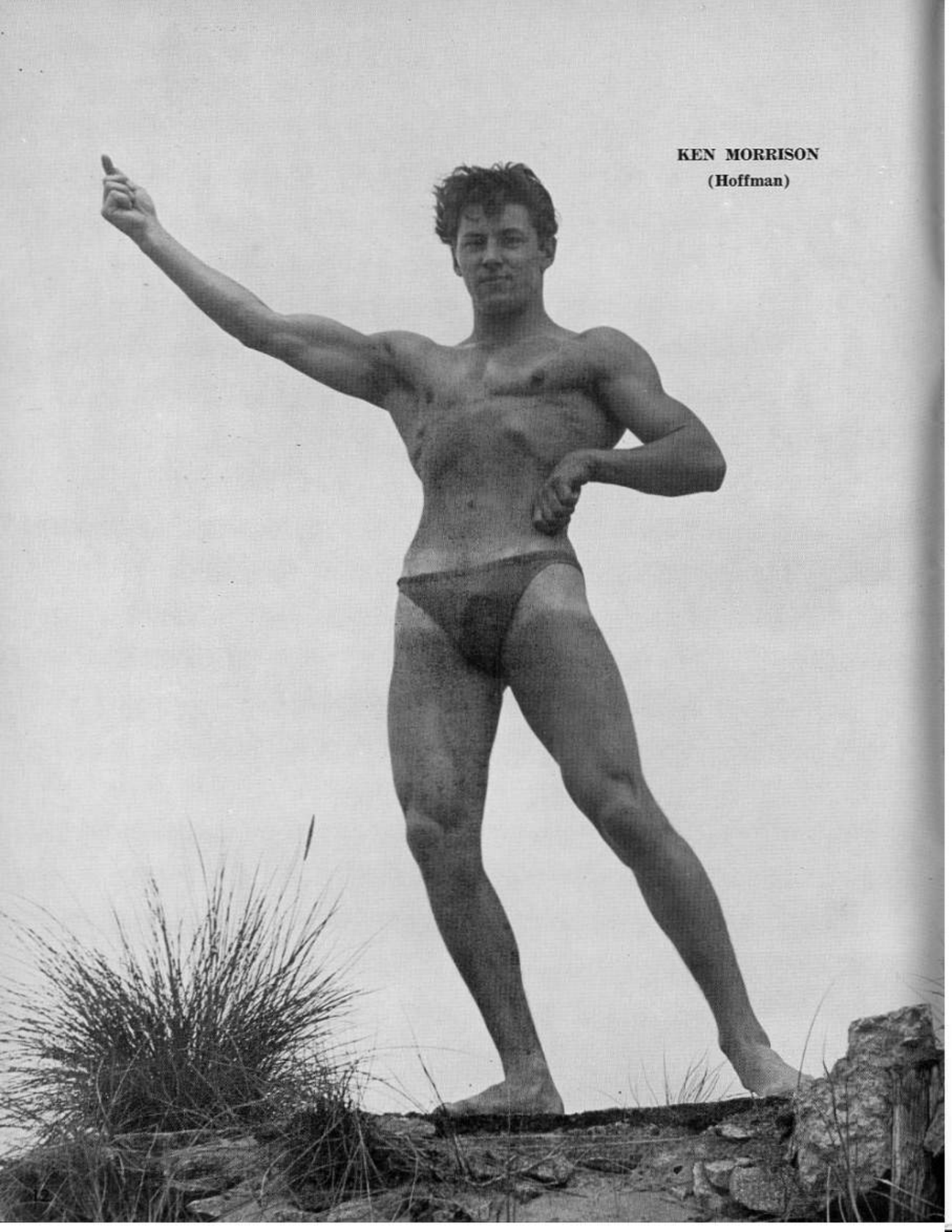


WAYNE BURDICK

— 20-year old railroad flagman . . . good golfer . . . popular! Likes rock n' roll music, goes to college part-time where he is on swimming, tennis teams, as well as golf.



Photos by
TROY SAXON



KEN MORRISON
(Hoffman)

Better Eating for Better Muscles

YOU'VE HEARD the expression that a person is what he eats. This is a perfect application to the body builderbuilder who cannot expect his physical structure to become solidly built if he does not eat the right foods. It is **not how much** you eat — but **what** you eat that helps increase your weight to the right proportions.

Sure, you can stuff yourself with a lot of rich pies and cakes and sweet syrupy sodas. The result will be a lot of useless flab and fat which is neither attractive nor healthy. Only by eating the right foods can you build muscles. The muscles of your body are composed of millions of tiny skin tissues and cells. These tissues are built up through adequate supplies of proteins. This nutrient helps the cells build and repair and become strong. When you see a well developed physique you can be assured that the bodybuilder is eating foods containing protein.

What is a healthy diet? The **Basic Seven** Group is a scientifically prepared list of foods which will improve your general health and physical structure. If you eat just **one serving** of each of the following groups **— every single day —** your **weight** will **increase and** turn into solid muscles with regular exercising.

1. VEGETABLES: Carrots, kale, broccoli, lettuce, green peppers, peas and spinich. These foods contain **Vitamin A** which helps your body resist infection. Blood cells become enriched and constipation is relieved by the roughage created by these vegetables. **Eat one or more of these vegetables daily.**

2 CITRUS FRUITS: Grapefruits, oranges, lemons, tomatoes, strawberries build strong bones, teeth and gums because of their rich **Vitamin C** content. They help stimulate a healthy appetite. When possible eat fruits **RAW** since cooking reduces some of the vitamin content.

3 POTATOES and OTHER FRUITS and VEGETABLES: Your vitality and growth depend largely upon proper weight. Potatoes, avocados, grapes, turnips, fruit cocktail, eggplant, mushrooms and cauliflower add many calories to your body. These calories turn into pounds and your skinny frame begins to fill out. These foods may be eaten raw or added to your meals. **One cup of raw cauliflower will give you the full daily requirement of Vitamin C.**

4. MILK PRODUCTS: Considered the "almost perfect food," milk is a valuable source of **Calcium.** Your bones harden and your muscle action becomes regulated with enough calcium. The strength of your muscles depends upon strong bones. Whole milk, buttermilk, cottage cheese and yogurt all contain calcium to help strengthen the bones and teeth. **A quart of milk a day is a "must" for weight gaining.**

5. MEAT, FISH and POULTRY: Appetite and digestion depend largely upon this group: Beef, lamb, veal, all fresh and salt water fish, chicken, duck, goose and turkey. **Protein content is high in these foods.** Eggs also have much nutritive value. One soft-boiled egg every morning helps strengthen the skin tissues of your muscles. One serving of meat in your daily diet helps build resistance against illness and stimulates body growth. **To gain weight, you must eat at least one serving from this group every day.**

6. BREAD PRODUCTS: Called the "staff of life", this group combines with meat or dairy products to form solid protein rich body cells. Whole-grain bread, cereals, macaroni, spaghetti, pancakes, waffles nd corn flakes are just a few of the foods that should be eaten regularly. Several slices of whole wheat bread with your daily meals will give your daily meals will give your body plenty of energy-producing calories. Body growth (and that means weight gaining) depends upon these products. **Two slices of bread and butter and a glass of milk make an excellent between-meal snack.**

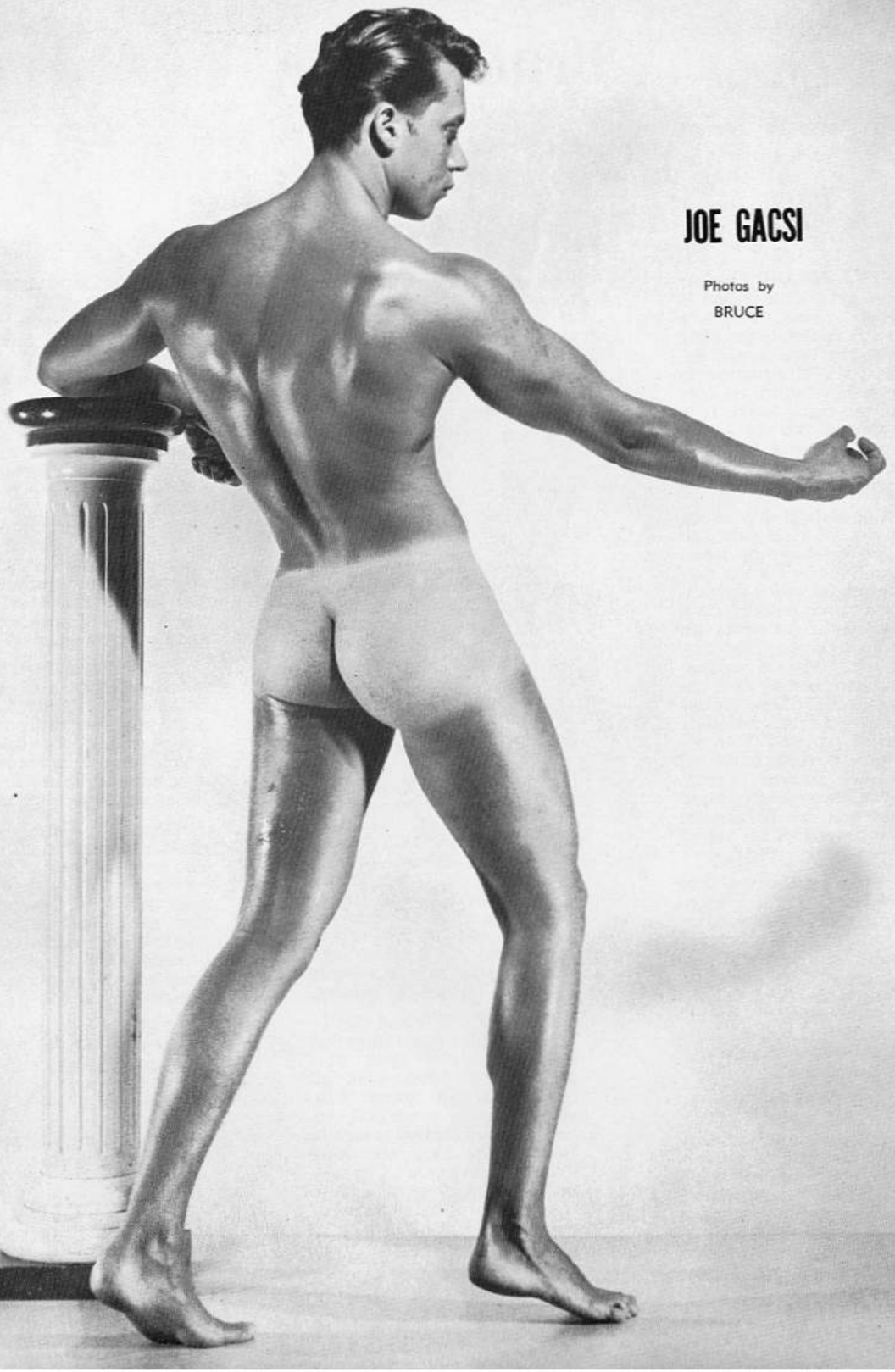
7. BUTTER nd FORTIFIED MARGARINE: Salad oils, rich butter and enriched margarine helps give your body an adequate supply of **Vitamin A** which helps build your resistance to infection and improves the health of your skin.

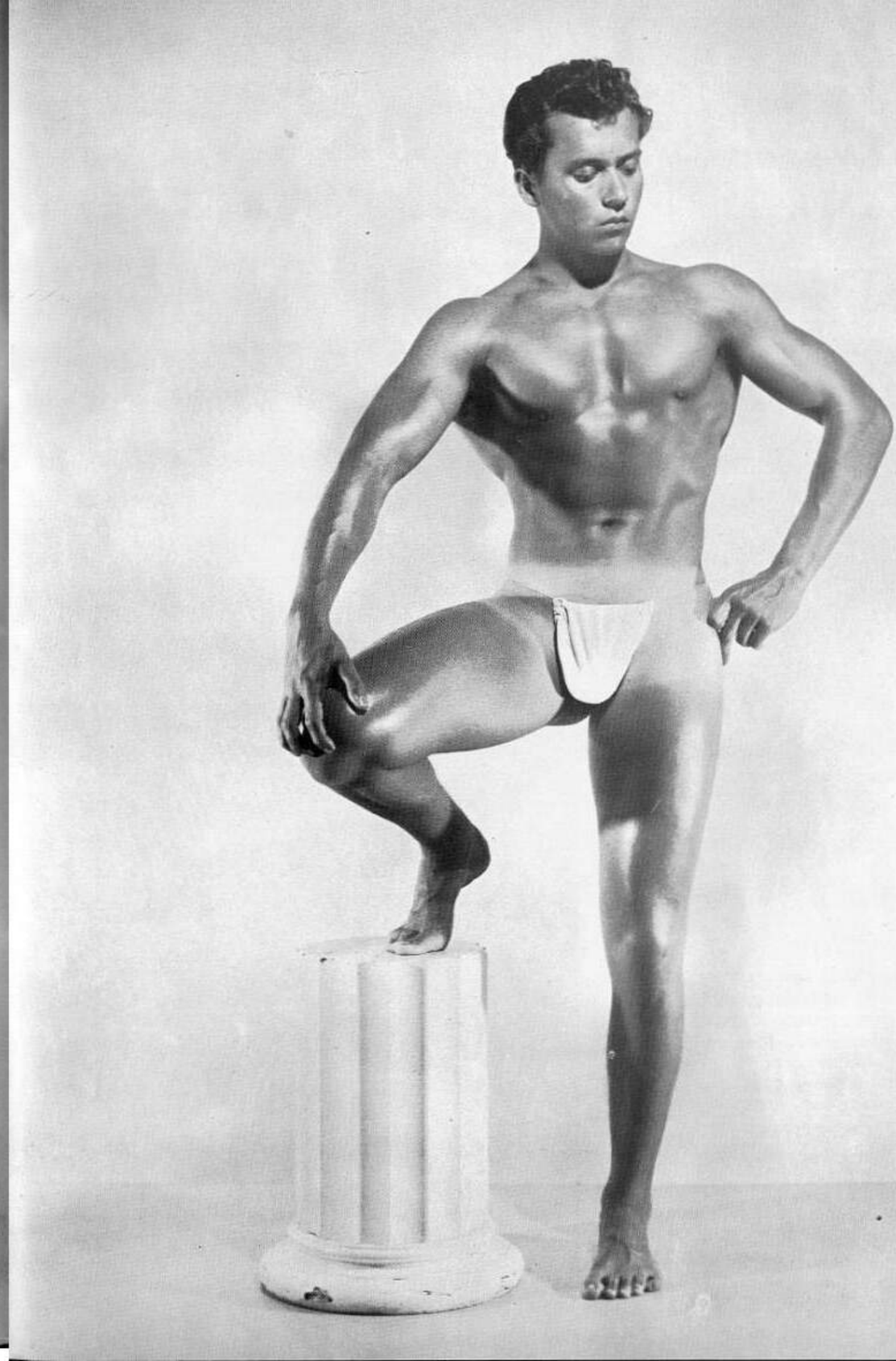
Successful weight gaining depends upon a balanced diet. You must eat the right food if you want to add pounds to your thin body. You will find that good food supplements will help you attain the truly balanced and healthy diet. They will also help you get results more quickly.

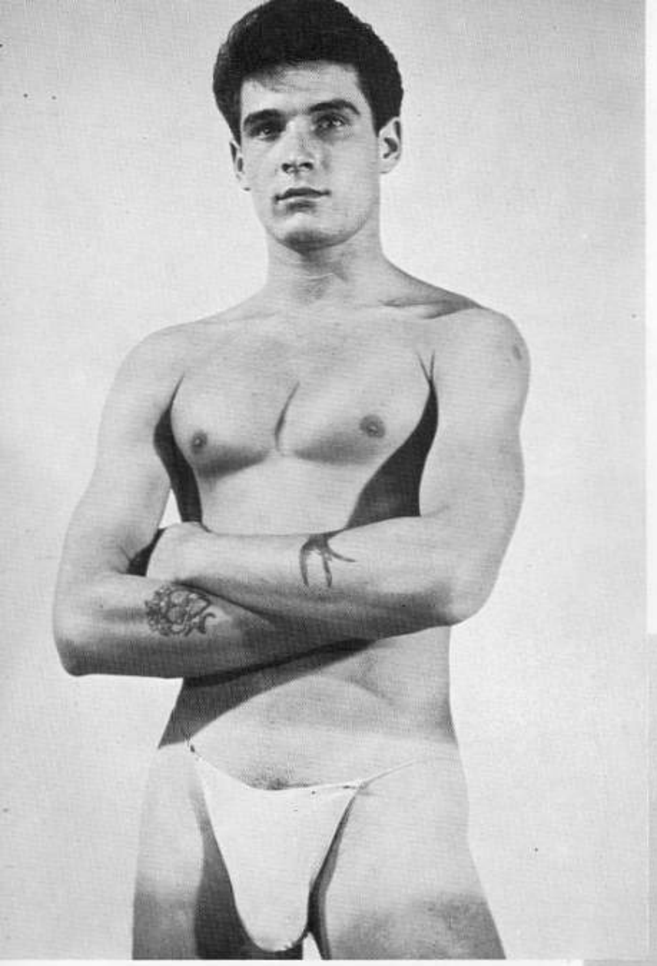
Of course, you may be eating any number of foods but your weight scales still do not show you with any increase. Try changing your present food products. Include at least **ONE** item from **EACH** of the **BASIC SEVEN** Group in your daily meals. After one month, check the scales again. Extra pounds will be added if you feed your body weight-gaining foods. **A balanced diet is the secret to added weight.**

JOE GACSI

Photos by
BRUCE

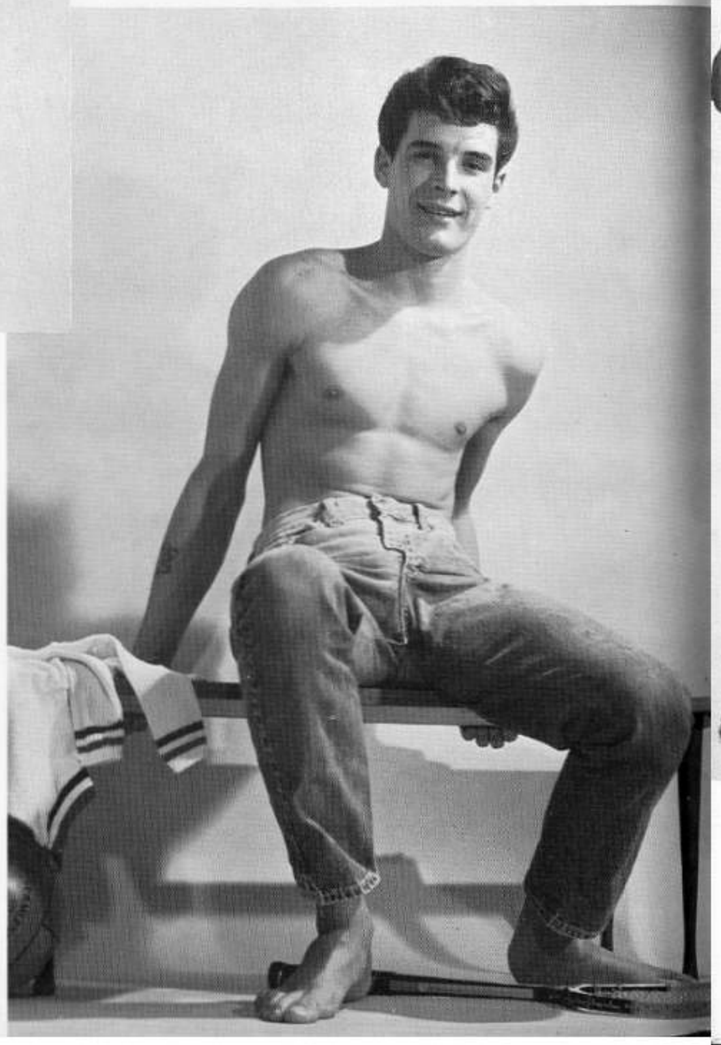




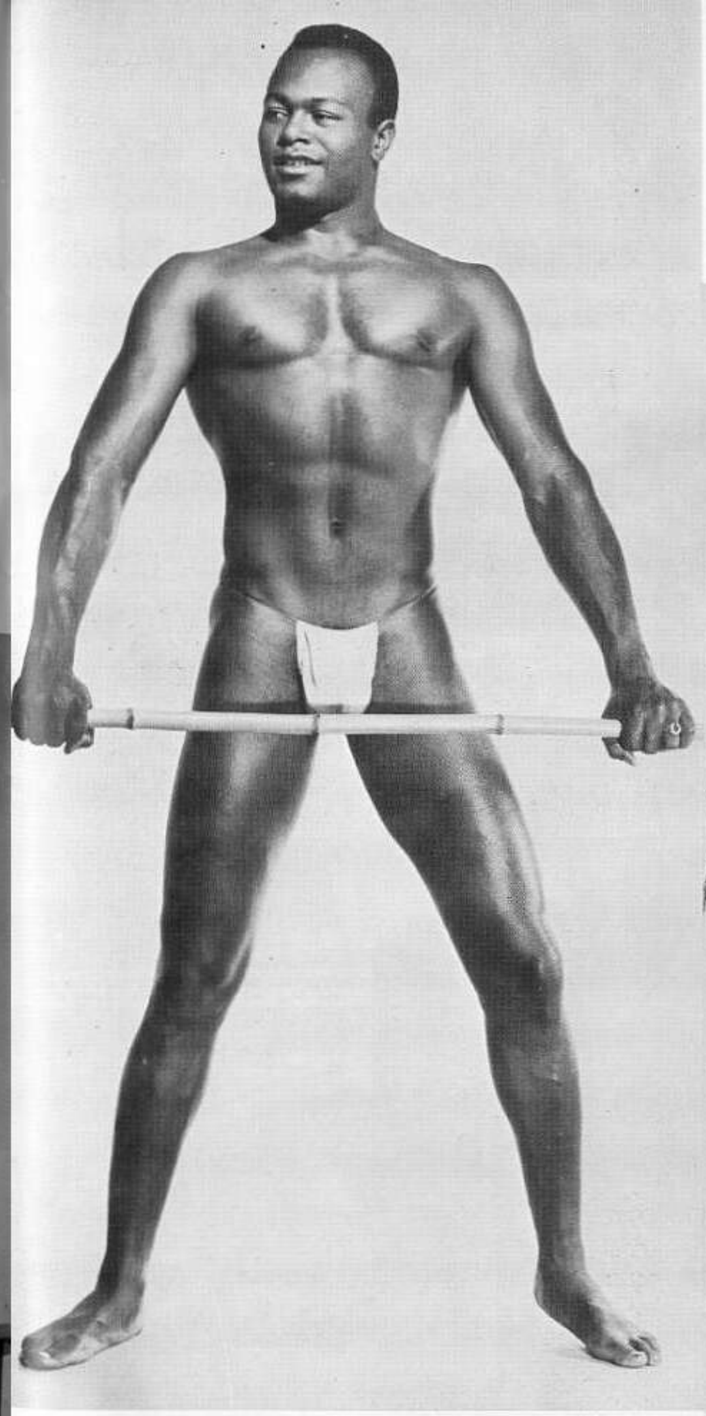


DEAN AGAR

Photos by
CHAMPION STUDIO



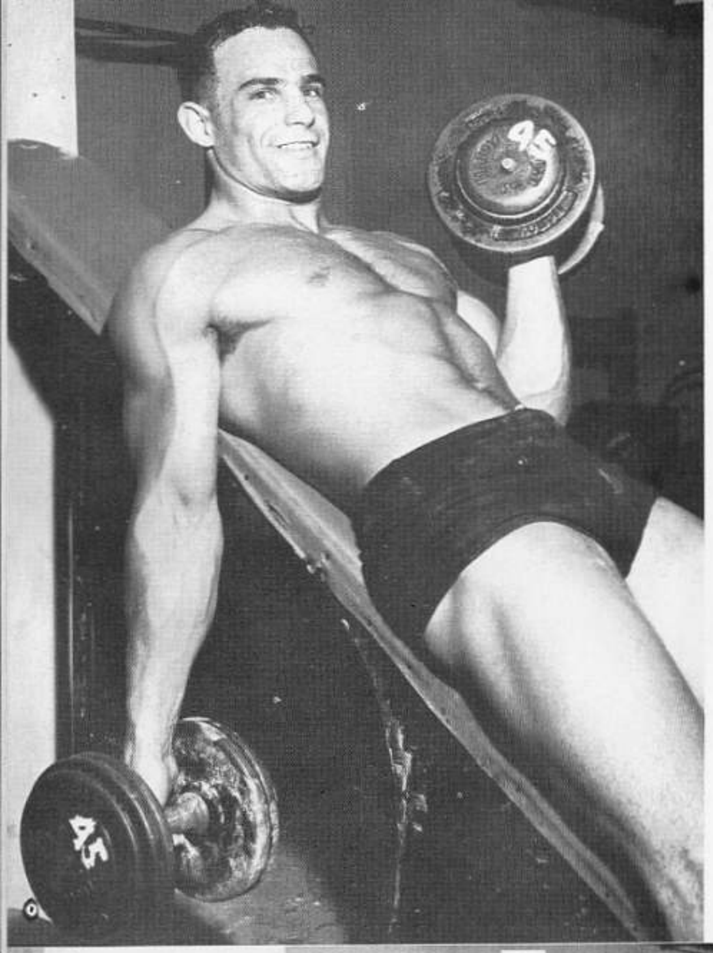
This 20-year-old auto mechanic limbers up his finely proportioned body by playing tennis in his spare time away from work in the grease pit. His friends say that he reminds them of Steve Reeves. Dean is an avid admirer of Steve and follows his successful career with great interest.



CHUCK WOOD

Photos by
BRUCE

Chuck is a real husky from Texas. With a solid 210 pounds on a 6' 3" body, Chuck was an all-round athlete in school. Now at 22 years, Chuck plays steel drums and sings with a Calypso group. He has many movie and television credits.

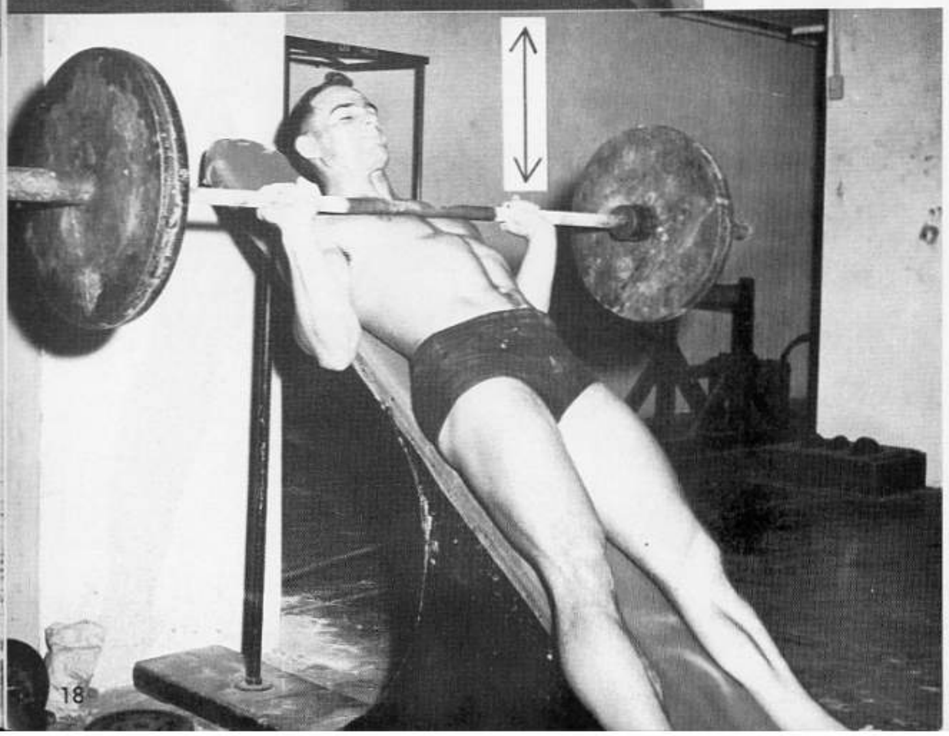


A WORKOUT WITH GLENN CAMPBELL

No one can tell **Glenn Campbell** of California that barbells aren't the best form of exercise in the world. — They have given him a physique he can well be proud of. And not only have they developed for him a rugged, muscular body, but they have also helped him to excel in such sports as football and track. Glenn is 25, 5 feet, 5 inches tall and weighs 155 pounds — all solid, weight-trained muscle!

What Glenn has accomplished with barbells, you can do also. It's just a matter of training regularly and sticking to it until you get the results you want. How quickly you will get these results depends on the amount of effort and enthusiasm you put into each workout. If you train in a half-hearted manner you will make little or no progress. But if you throw yourself into each session with fire and gusto, you are sure to pack on inches of muscle in a short time. Now, get going and follow Glenn Campbell as he shows you these 5 favorite exercises of his.

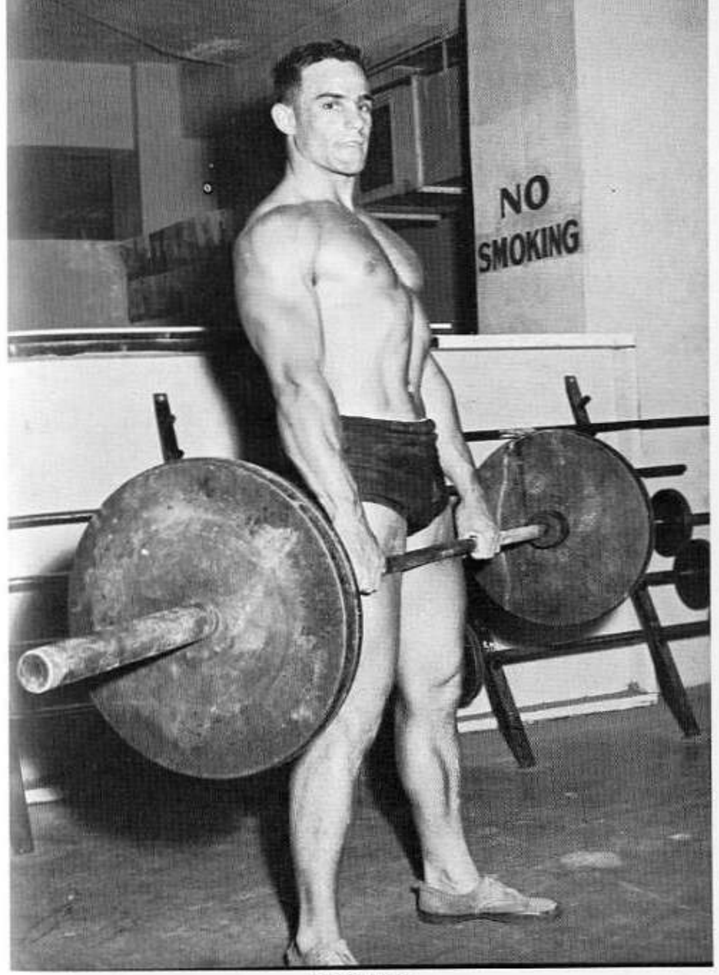
INCLINED DUMBBELL CURL



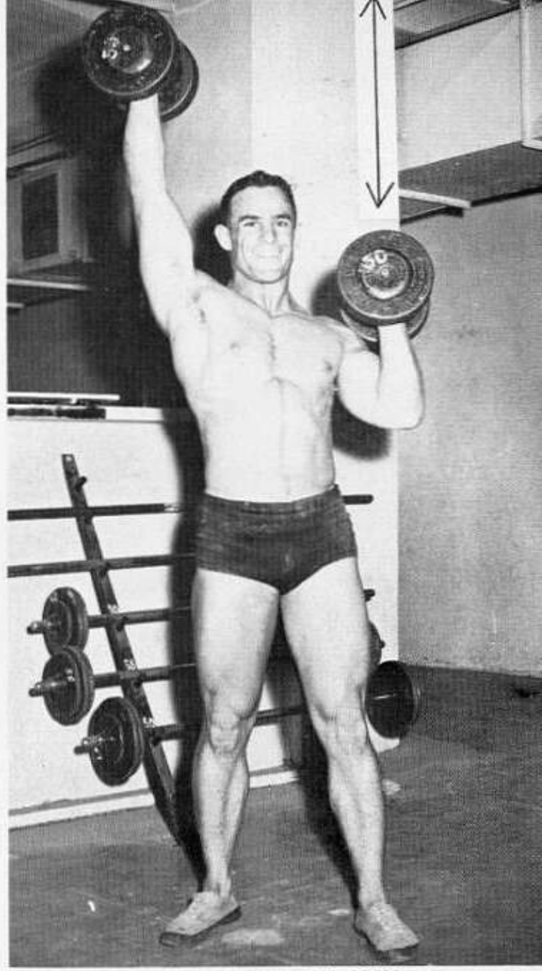
INCLINED BENCH PRESS

INCLINED DUMBBELL CURLS: Lie on your back on incline bench, holding a dumbbell to shoulder. Then, lower it and half-way down, bring up the other one. Do 3 sets of 10 reps for each arm. Concentrate deeply on the biceps as you do this exercise.

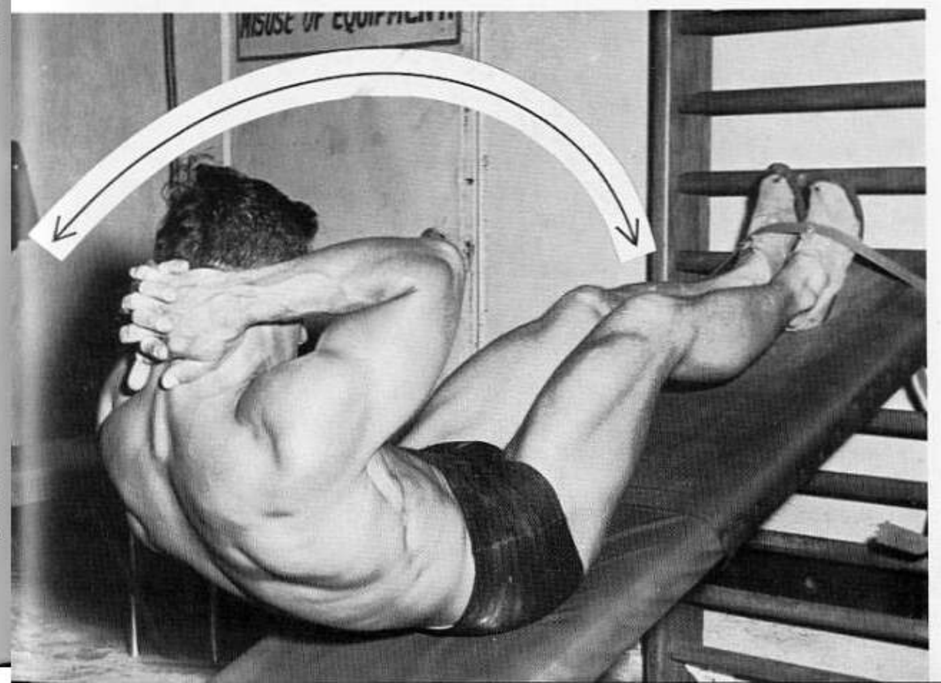
INCLINED BENCH PRESS: Bring barbell to your shoulder and then lie on incline bench as shown in bottom photo. Now, take a deep breath and press barbell to overhead. Do 3 sets of 12 reps. This one will deepen your chest and give you sharply defined pecs.



DEAD LIFT



ALTERNATE DUMBBELL PRESS



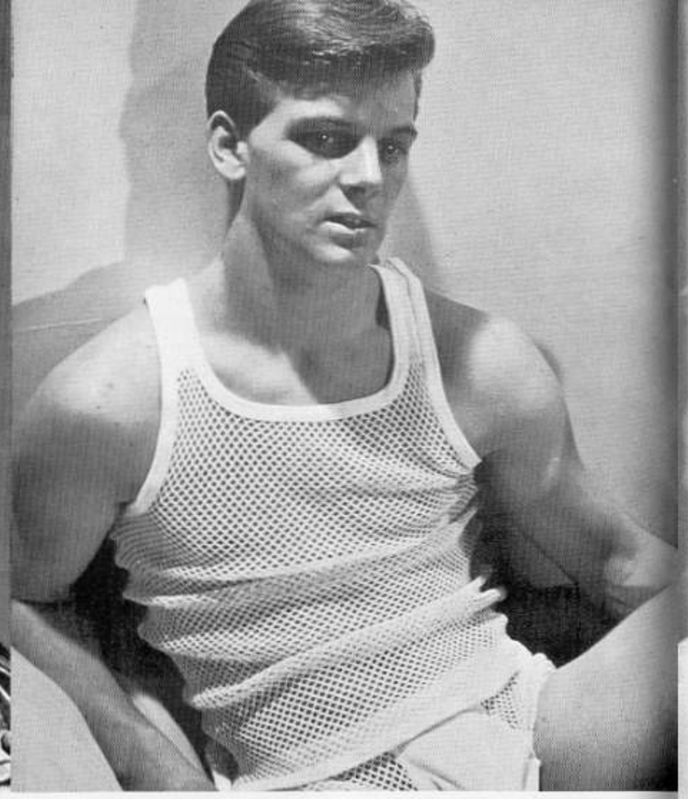
SIT UPS

DEAD LIFT: With feet about 12 inches apart, pick up a very heavy barbell and bring it to your thighs in a standing position. Now, keep legs straight and lower it to floor again. Do 3 sets of 12 reps. Builds the lower back.

ALTERNATE DUMBBELL PRESS: Bring two dumbbells to shoulders. Now, keep back straight and press first one dumbbell to overhead and then the other. Do 3 sets of 10 reps for each arm.

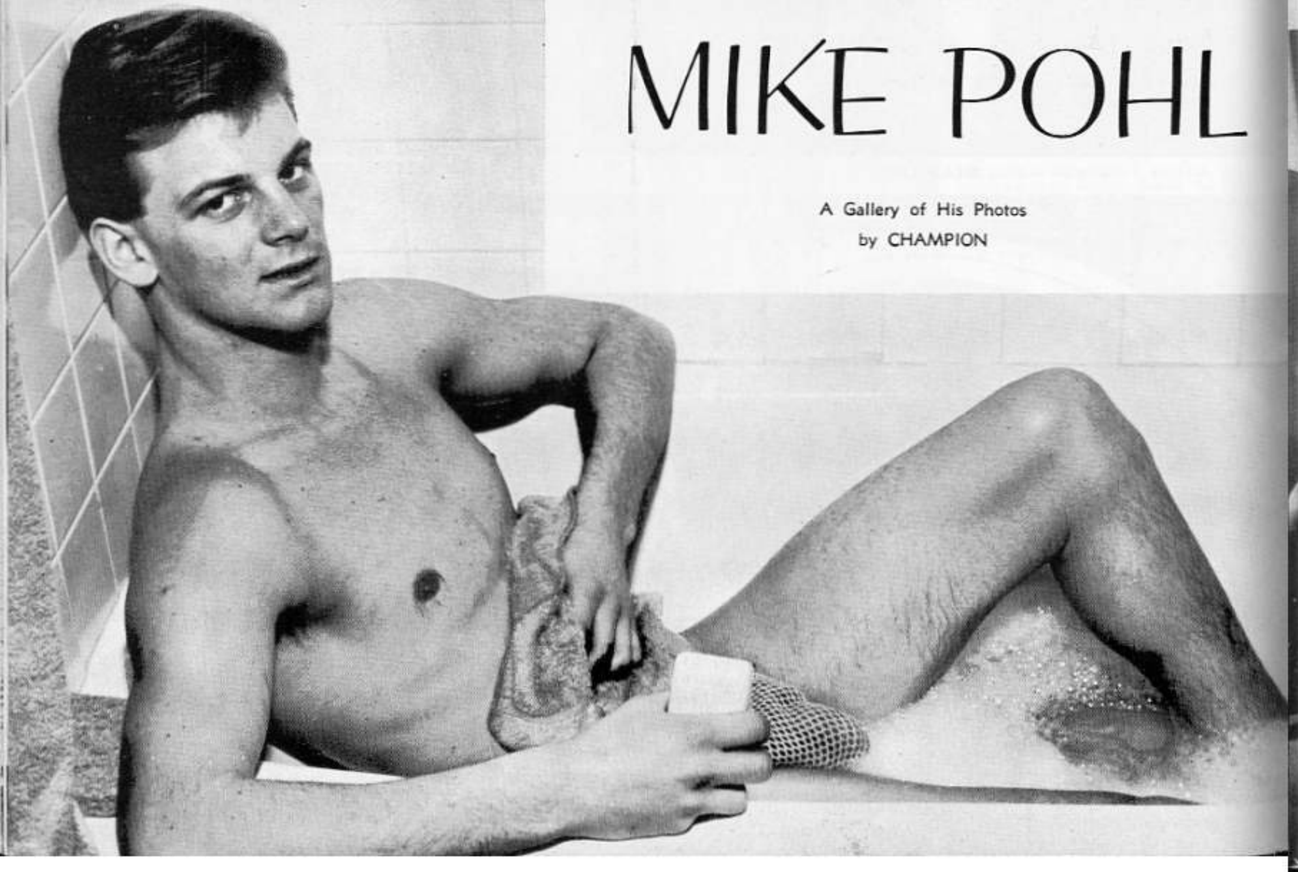
SIT-UPS: Use abdominal board or lie on floor with feet under barbell. Place hands behind your head and come up and over until your elbows touch knees. Do 3 sets of 12 reps. Builds a classic mid-section.

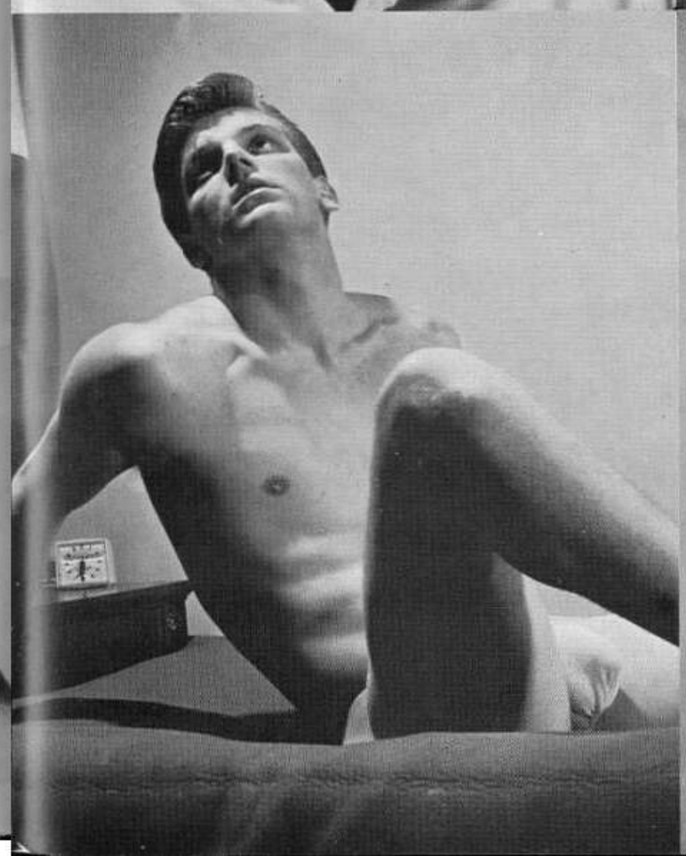
All photos of GLENN CAMPBELL are by **BRUCE.**

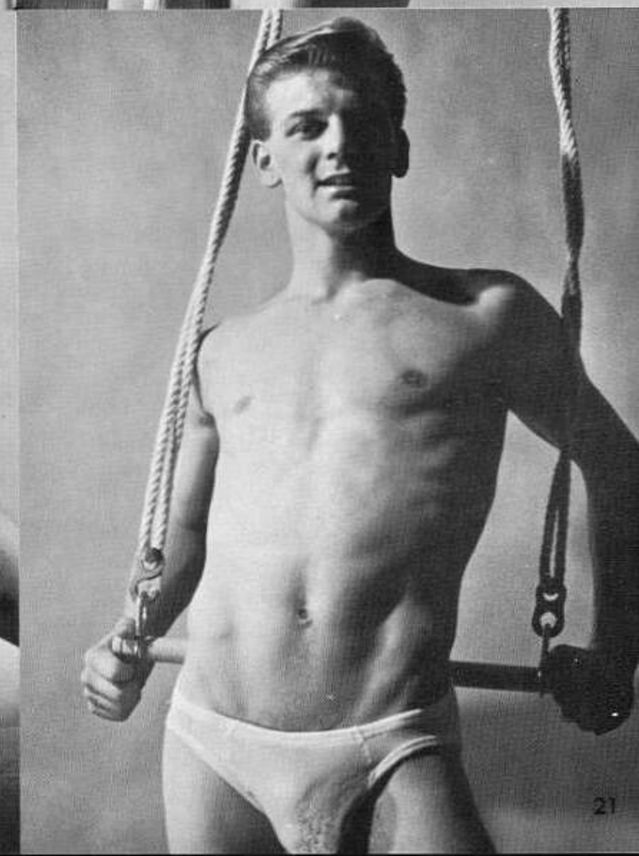


MIKE POHL

A Gallery of His Photos
by CHAMPION

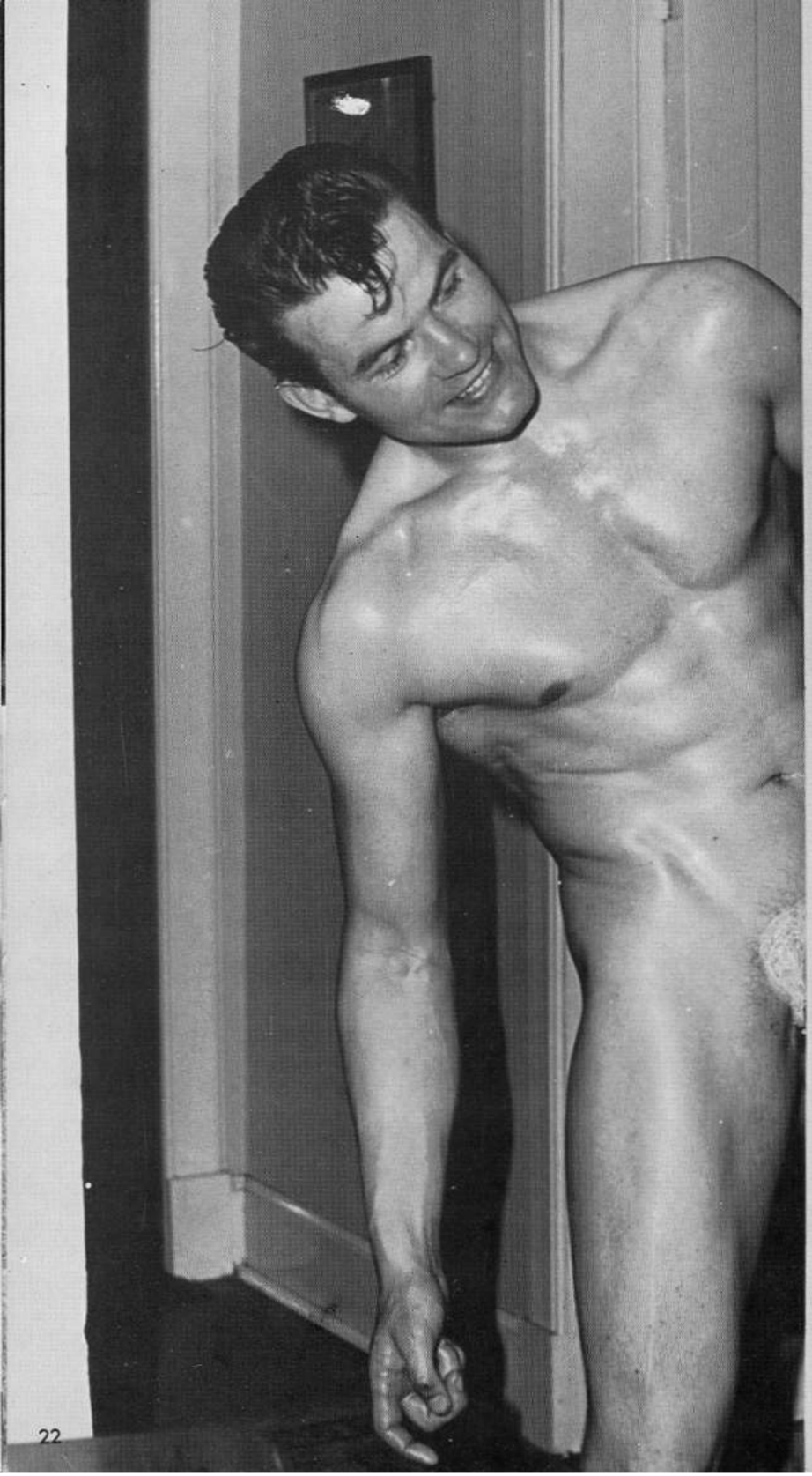


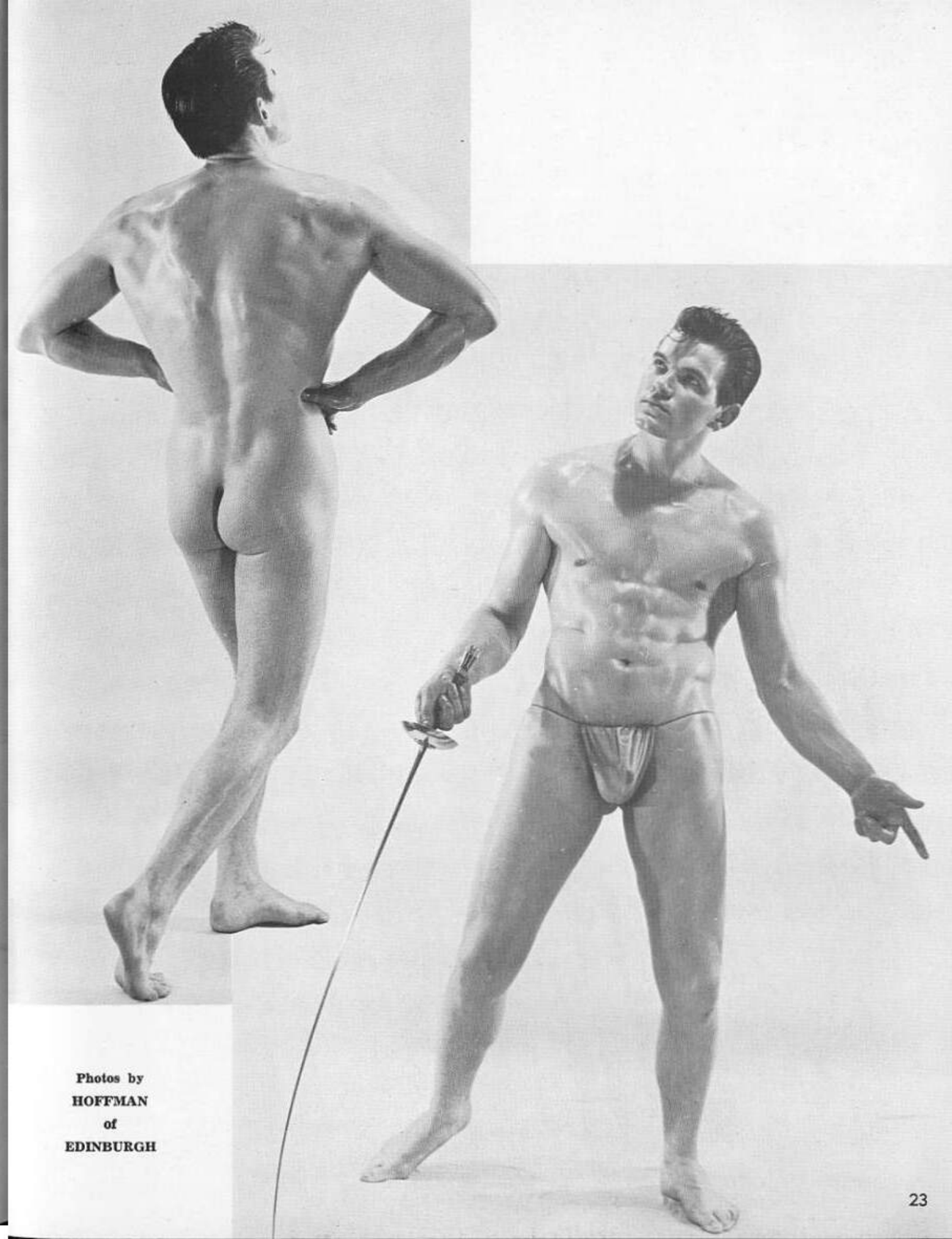




Here's

GERARD ARCHER !



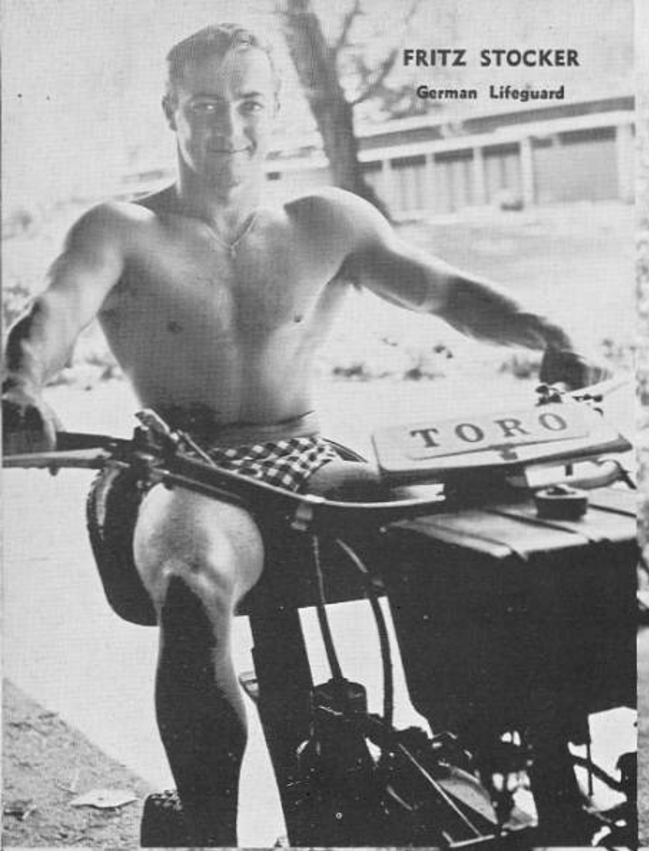


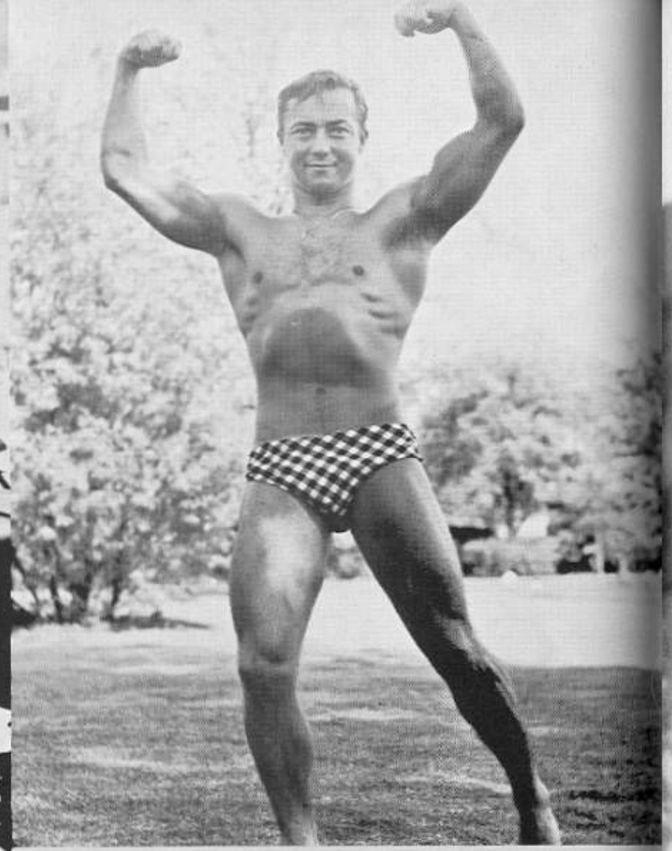
Photos by
HOFFMAN
of
EDINBURGH

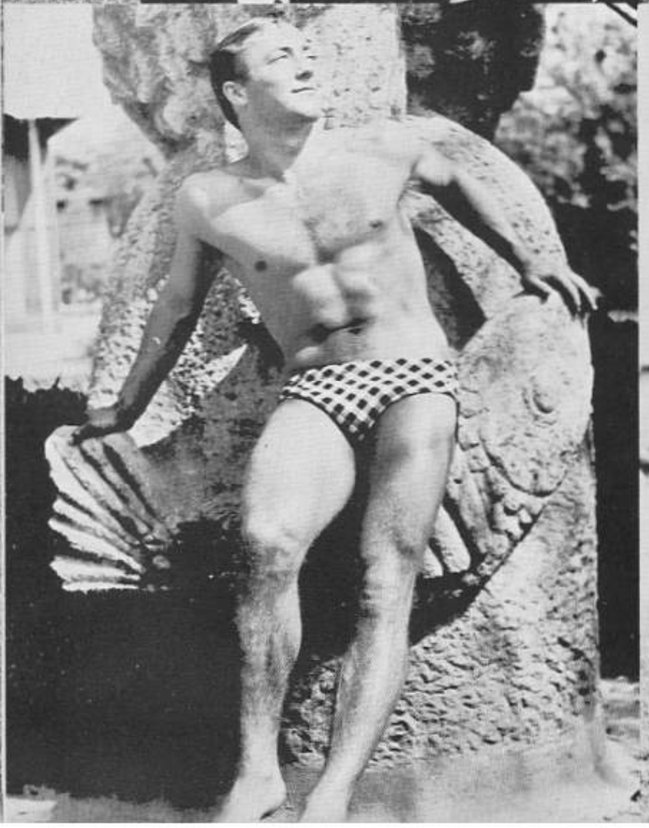
RICK TORRENT

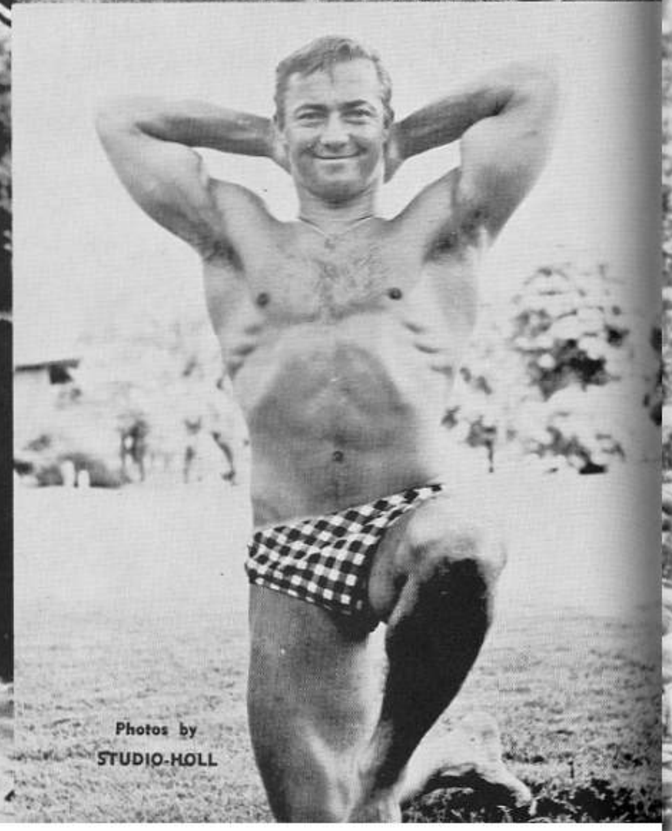
NEW CANADIAN DISCOVERY

Photos by
DESFOSSES







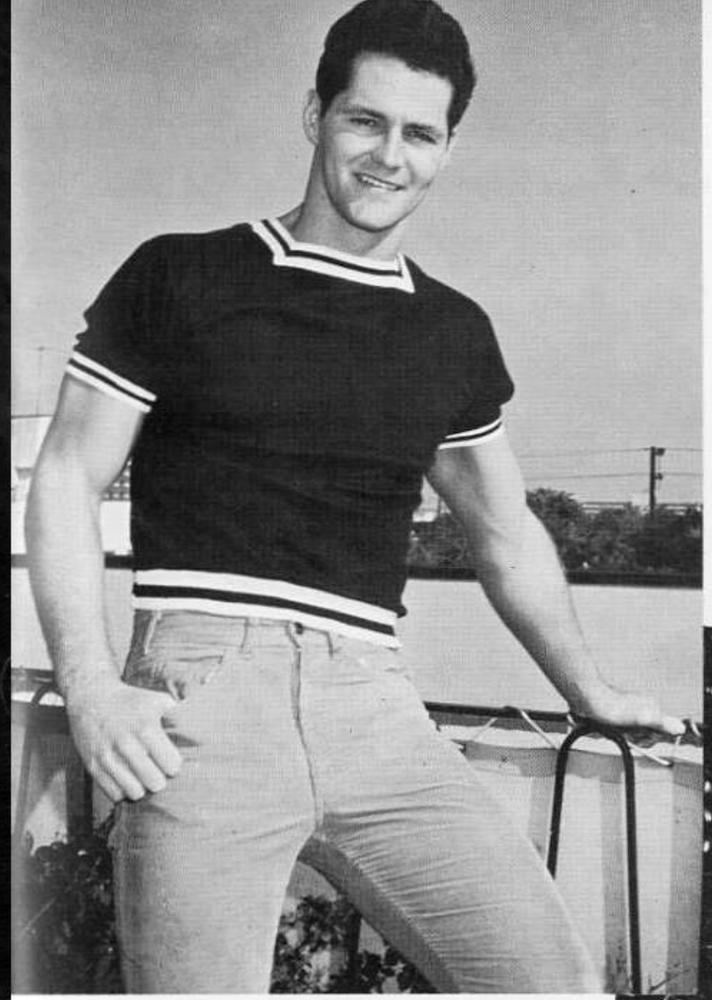


Photos by
STUDIO-HOLL

ADAM SANCHEZ
(Stark)

ROGGER BEAUDOIN
(Desfosses)

BRIAN EASTMAN
(Galaxy)



HANK STROTHERS

Photos by
Champion

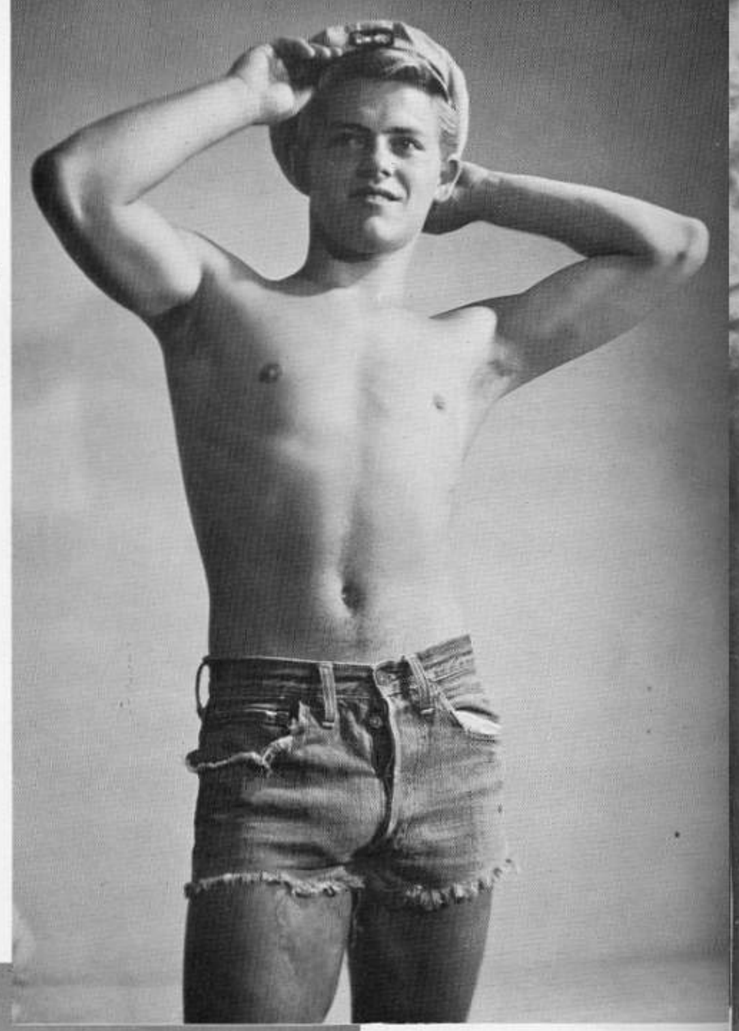
TOR LIND
(Swede)

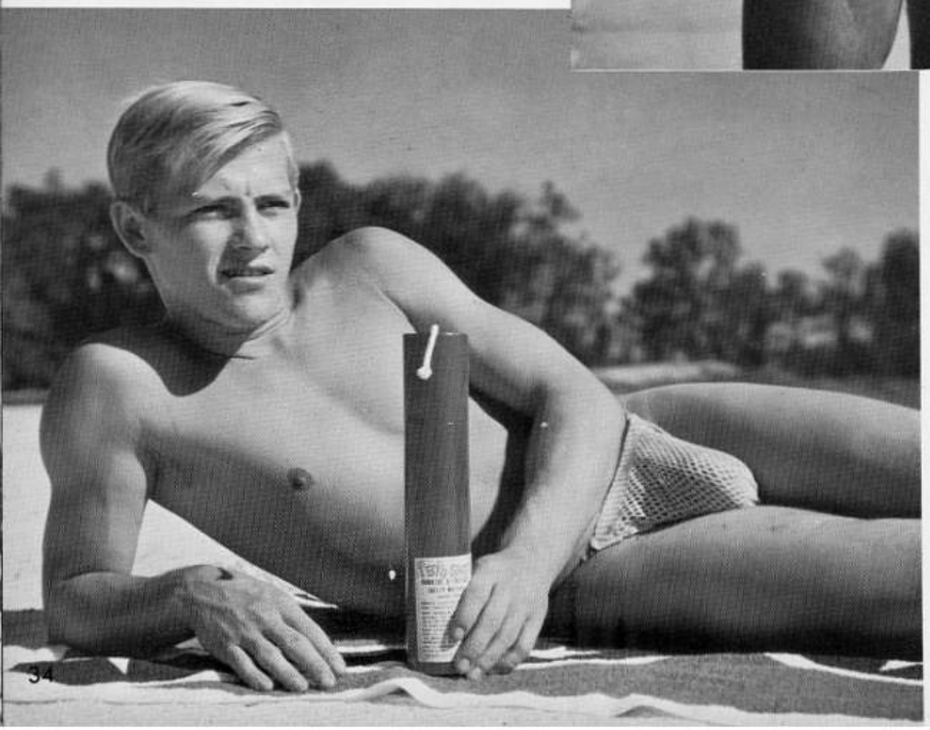
RON BROUILETTE
(Roberts)

IT'S THAT KID - - -

DANA SUMERS!

Like the explosive fire cracker he is holding in the photo below, young **Dana Sumers** exploded on the physique scene recently and is now one of the top models in the country in popularity. You've seen him in other publications, but these were taken specially for MODERN MALE by the always sizzling, talented **Champion Studios**.



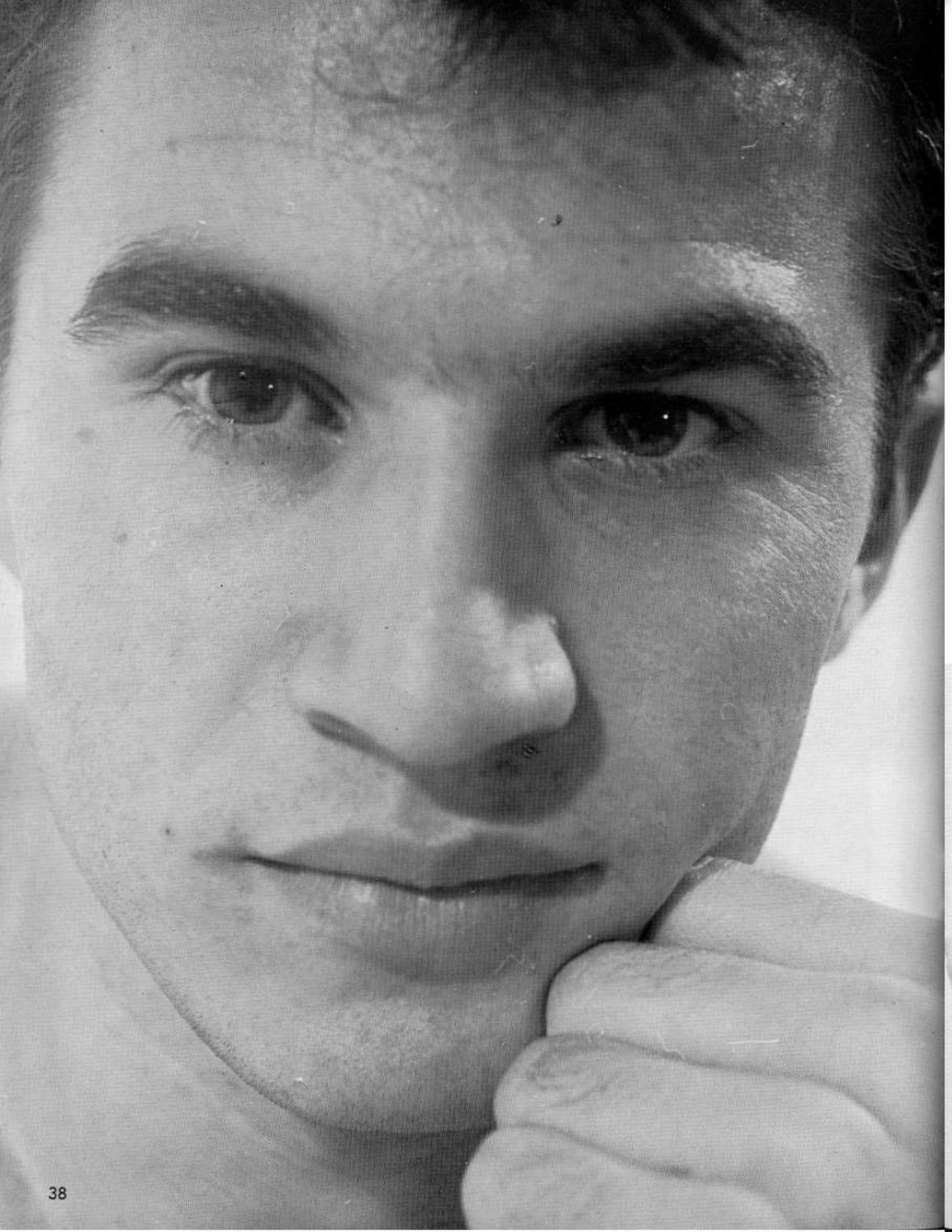


CHRIS HERCULES
(Galaxy)

CHRIS HERCULES

DASHING YOUNG GREEK CYPRIOT!

Photos by
GEORGE STOCKTON
of
GALAXY



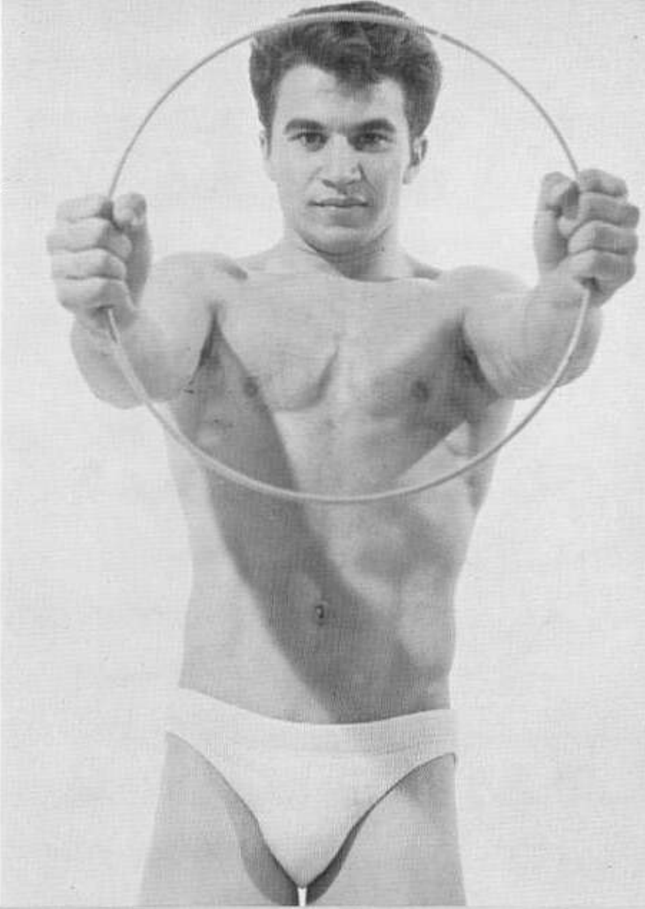
IT'S

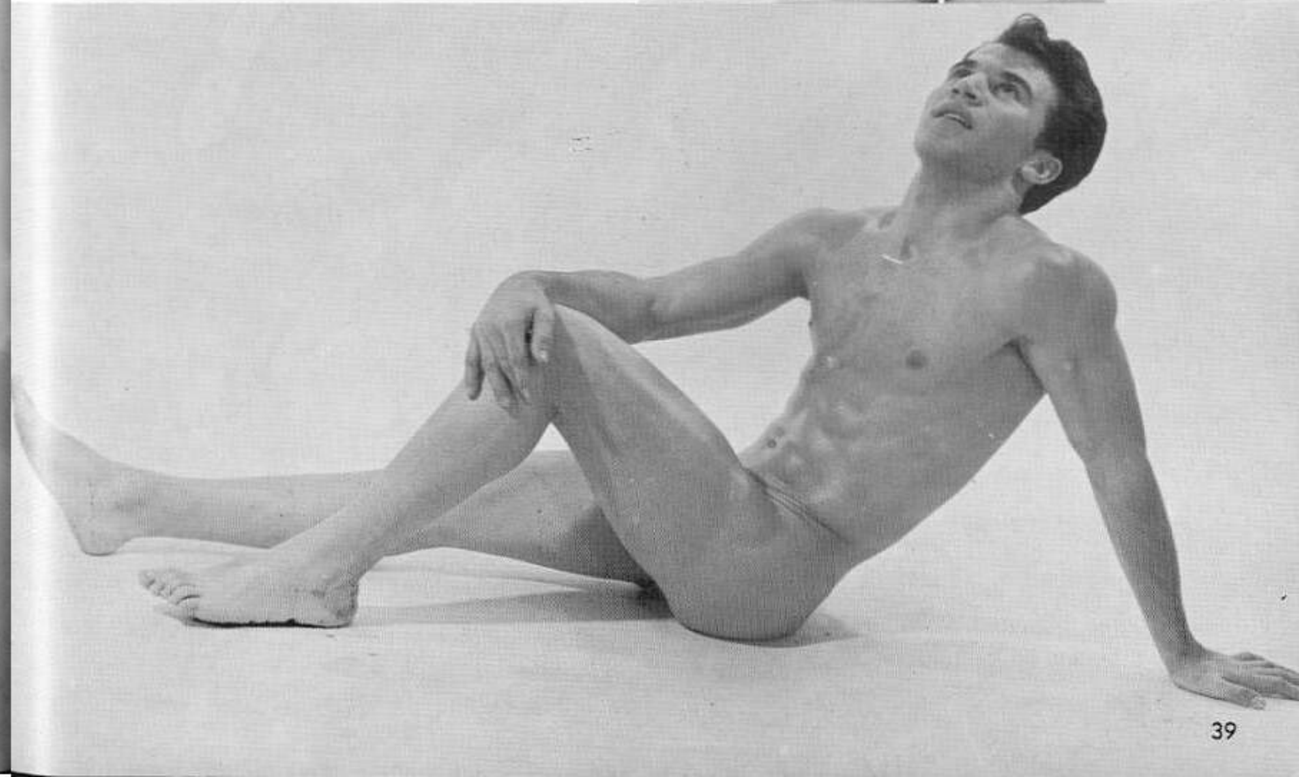
JOHNNY METIS!

NEW PERSONALITY BOY

FROM CANADA

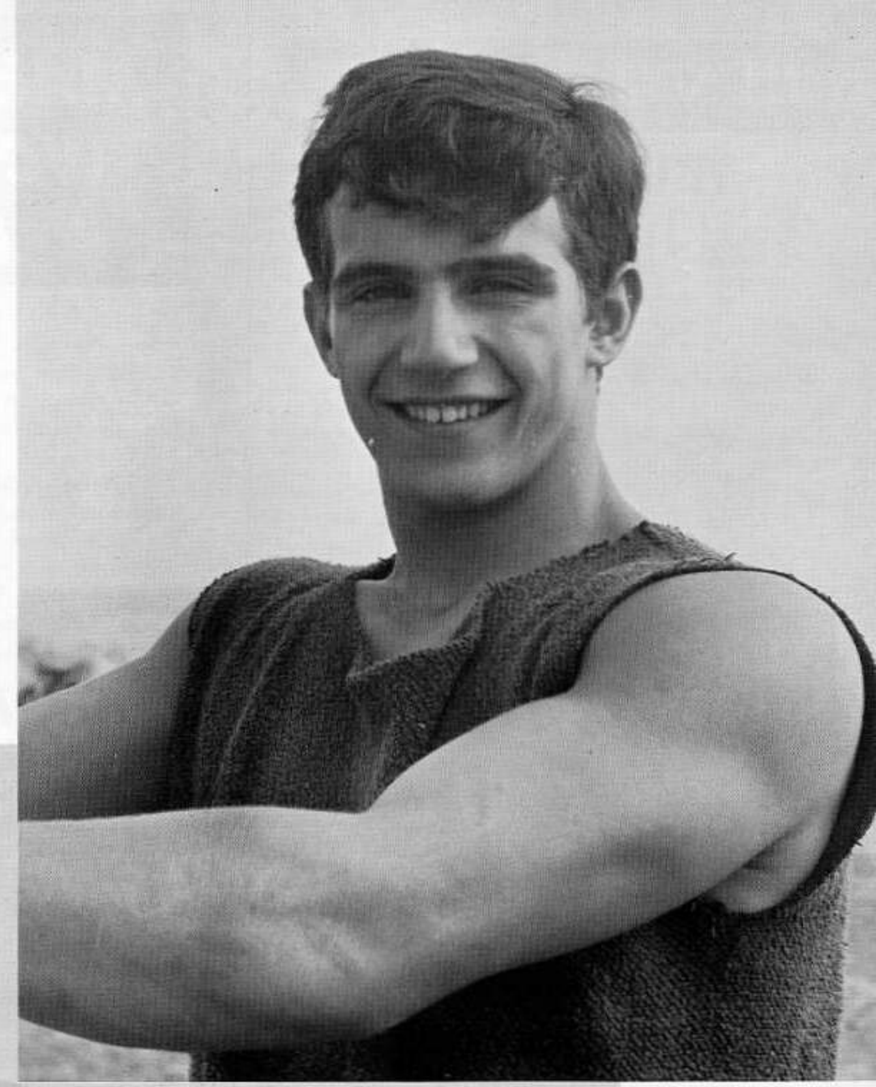
Photos by
STARK

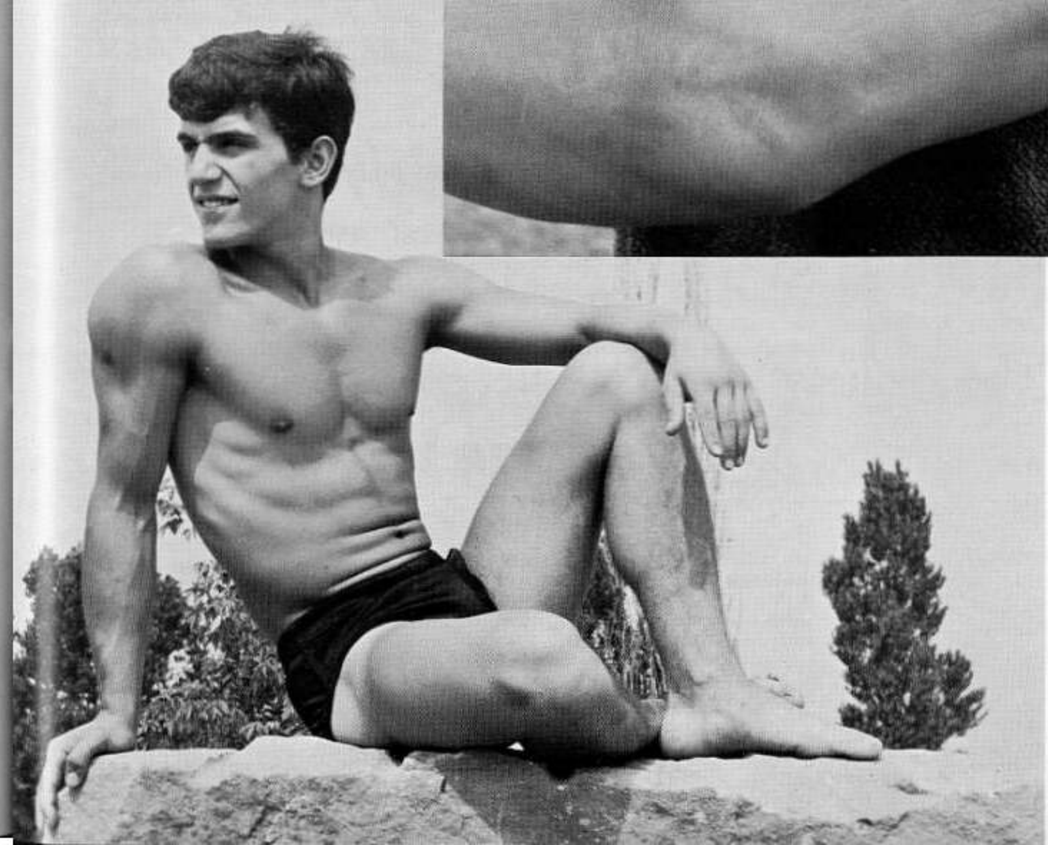




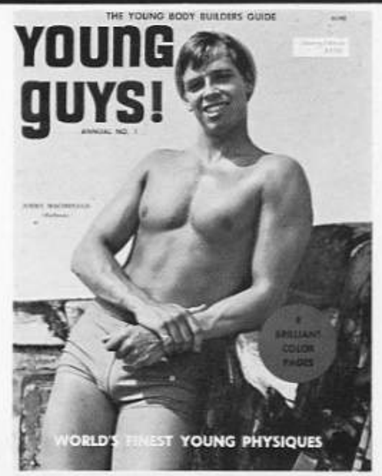
PETER LUCEN

CANADIAN YOUTH
Photos by
ART ENTERPRISES





ALL NEW! — ALL GREAT!



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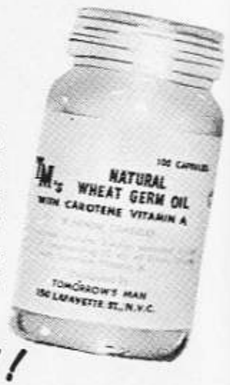

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B-R-E-E-Z-E THROUGH YOUR WORKOUTS!

DO YOU LACK THE AMBITION TO EXERCISE—DO YOU FIND YOURSELF "DRAGGING" THROUGH A WORKOUT?—THEN READ THIS . . .

WHEN THE time comes to take a workout do you try to avoid it because **you feel unambitious, tired, lazy and with no pep at all?** Does doing a set of cable chest pulls or bench presses leave you all "fagged" out? **Or, do you feel completely exhausted when you are through with a workout?**

There are many reasons why you might feel this way. You may indulge in **too much physical activity during the day** which uses up your reserve of energy. It might be that **you are constipated and the toxins in your system are making you sluggish. But many nutritionists and doctors tell us that a lack of energy and ambition is often due to a lack of vital food elements in our body.** When your body cells and tissues are not being nourished with the proper life-giving elements, you **can not generate energy and ambition.** You are only "half-alive."

The reason for this lack of essential elements is that you are probably **not getting enough of them from your daily diet.** Chief among the nutrients that you might fail to get from your foods is **vitamin E.** This vitamin helps give you the **"get-up-and-go"** power that you need for your workouts. It also helps in speeding up your recuperative powers **and in repairing muscle tissue that is torn down during your exercise routine.**

Vitamin E is found in **whole grains, bread and cereals** but your chances of getting an **ample supply** of this vitamin from these foods has been sharply reduced—because of **present methods of agriculture and food processing.** We grow our wheat with chemical, rather than natural fertilizers and this tends to reduce the mineral and vitamin content of the soil. Then, this wheat is taken and made "white" by a refining process. At the same time, **this process removes the heart of the wheat, called "wheat germ"—the part that contains vitamin E.** Now you can see why, when you eat white bread you are missing this most necessary **energy and endurance element needed for your exercise sessions.** Even eating whole wheat bread will not necessarily assure you of getting a sufficient supply of vitamin E, because of the artificial methods of growing wheat just described.

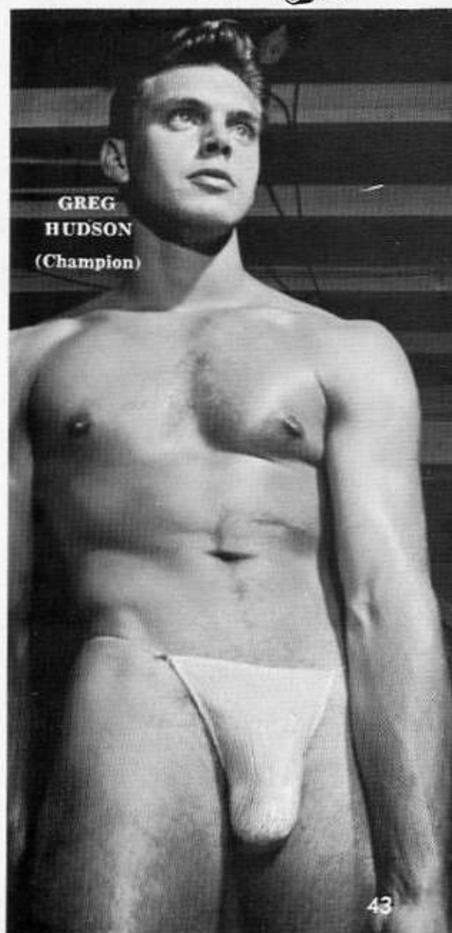
But there's no need to be discouraged—modern science has come to the rescue. The development of **"wheat germ oil"** now makes it possible for you to get your proper share of **energy-producing, stamina-building vitamin E.** Wheat germ oil is now the richest known source of this vitamin. In addition, **the oil is also far richer in all the other vitamins found in whole wheat because of its concentrated, easily assimilated form.** As a bodybuilding supplement it is unequalled.

What facts are there to back up the claims made for wheat germ as an important bodybuilding aid? Is there any **clinical** proof that they can **speed up muscle-building results for you?** In the laboratories of a great university, tests were made with wheat germ oil on a number of people. All were told to eat what they wanted and as much as they wanted. Next, they were put on a program of exercise to put them in top condition. Tests were given them regularly to measure their improvement. The only difference in these tests was that half of the subjects were given a **teaspoon of wheat germ oil** daily and the other half were given a **teaspoon of some other vegetable oil containing as much vitamin E as in wheat germ oil.**

The two groups did not know who was getting the wheat germ oil and they continued their exercise program for several weeks more. Then, another test was given to them and it was found that all had improved 24.8% after the twelve weeks of training. **But the half that was given the wheat germ oil had improved 47.4%—more than half** as much as the other! The test was repeated again the following year with another group and the results were the same.

Where can you get some wheat germ oil for yourself and start reaping the rich benefits it can give you in building your muscles **faster and better? TM's WHEAT GERM OIL** capsules are about the biggest and best you will find anywhere. Each extra size 9 minim capsule contains **freshly extracted wheat germ oil, representing ¾ lb. of naturally-grown whole wheat.** In addition, each capsule has an added "bonus" of vitamin A, made with natural carotene.

If you want your workouts to be a pleasure again, if you want to feel like a "million bucks" after an exercise session, instead of "two cents," then give yourself a break—order a good supply of **TM's WHEAT GERM OIL** capsules. Do it **now**—while you're still thinking about it.



Young

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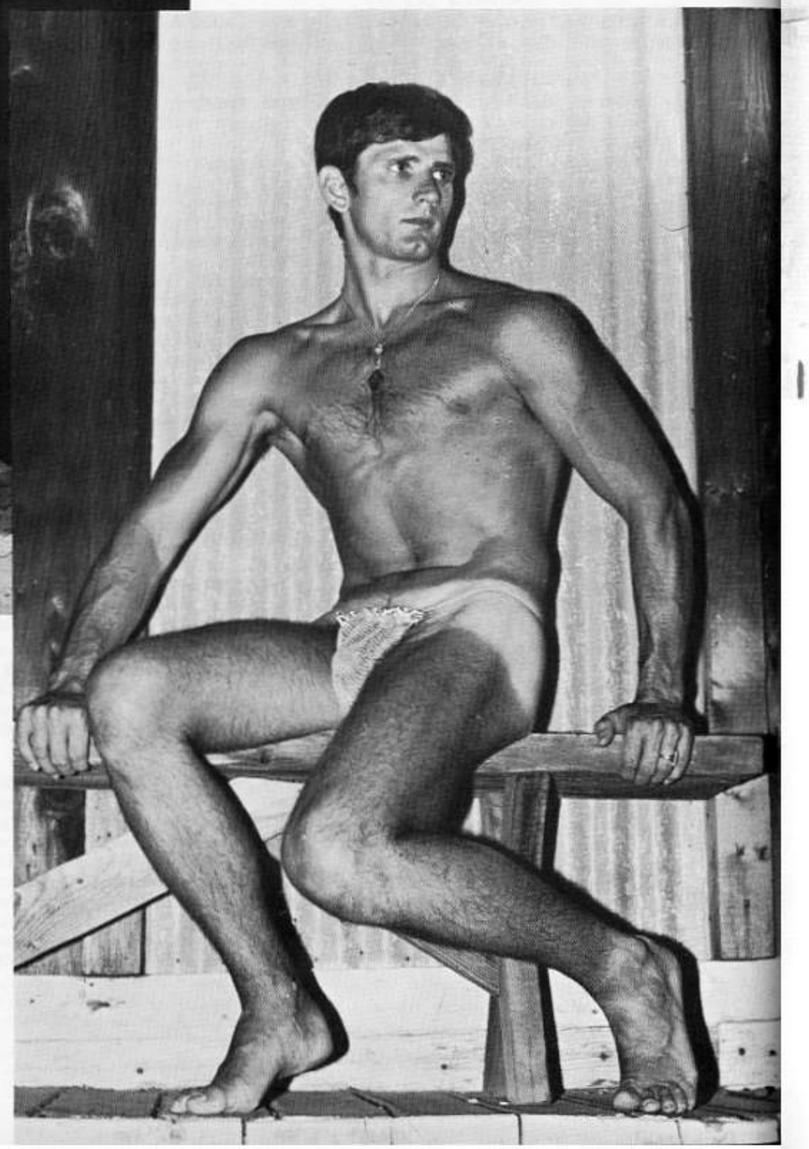

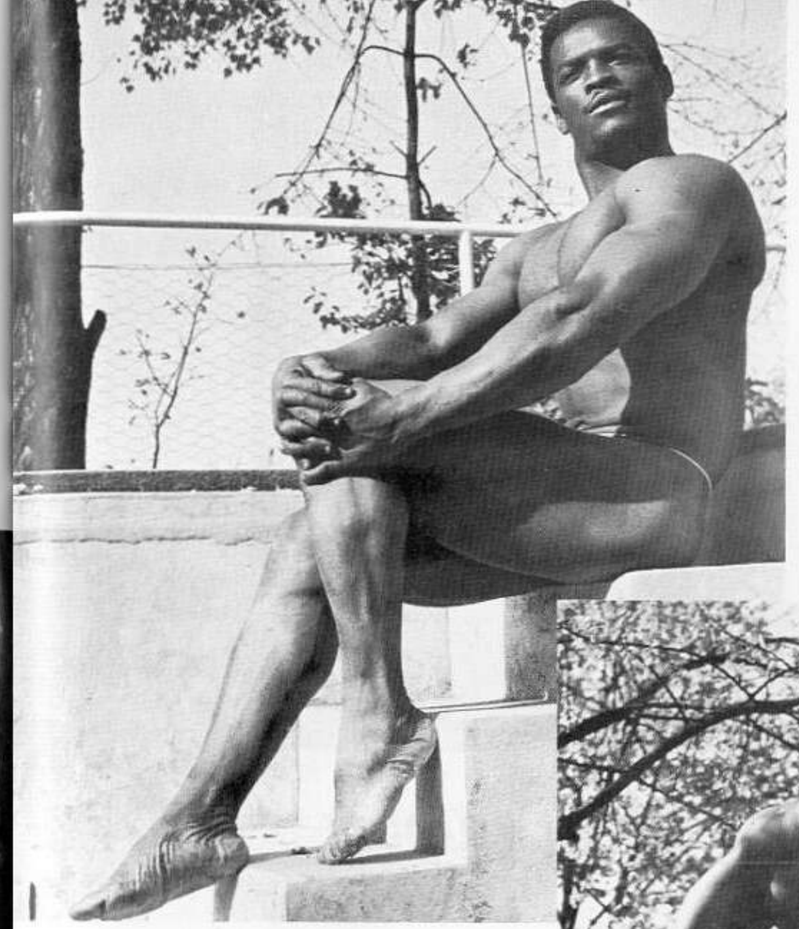

The Magnificence of

VINCENT GILLES

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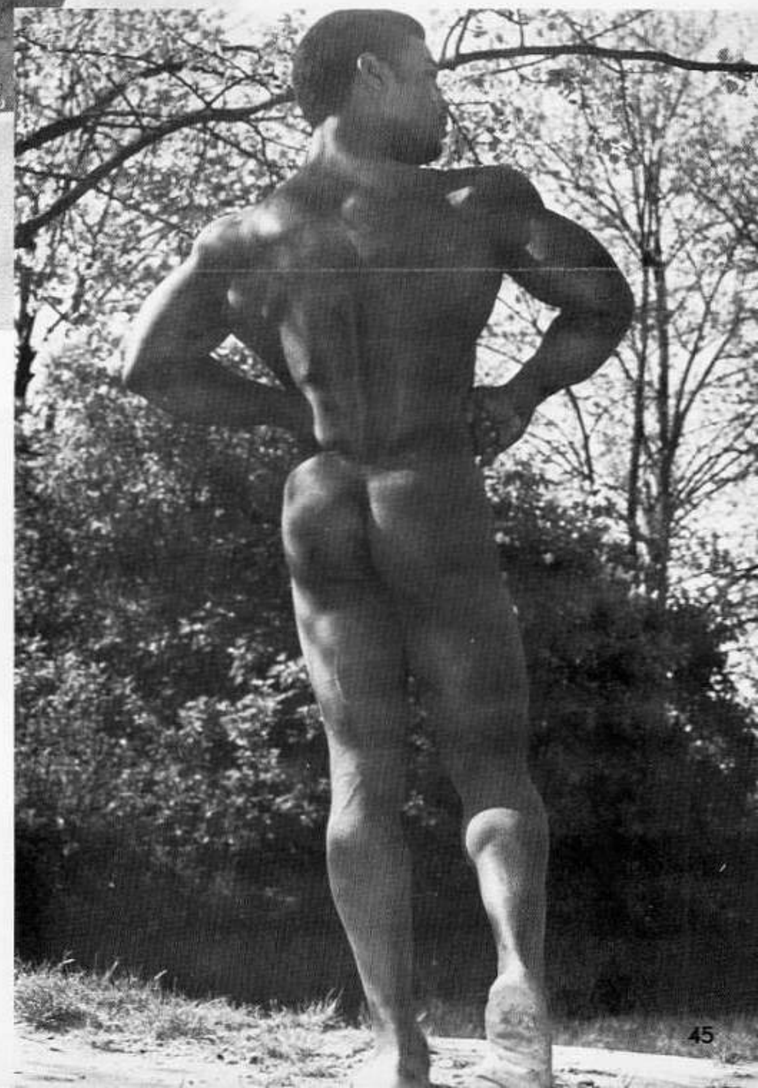

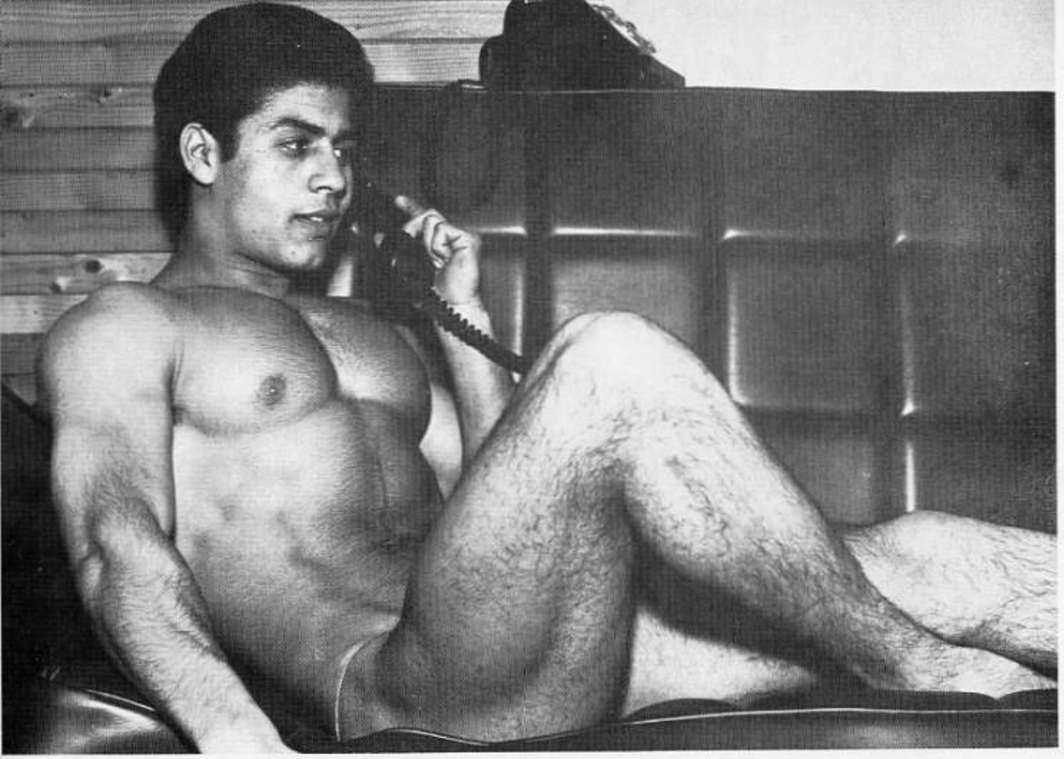

The Fascinating Personality of MICHEL BELLOUCY

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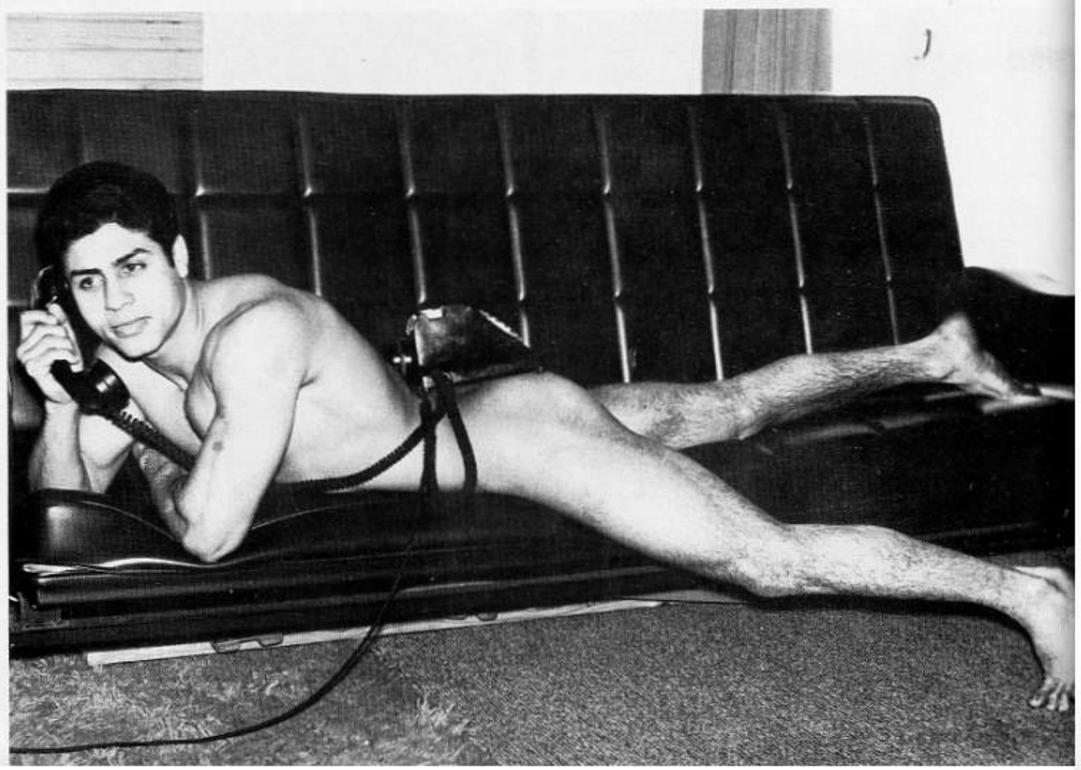

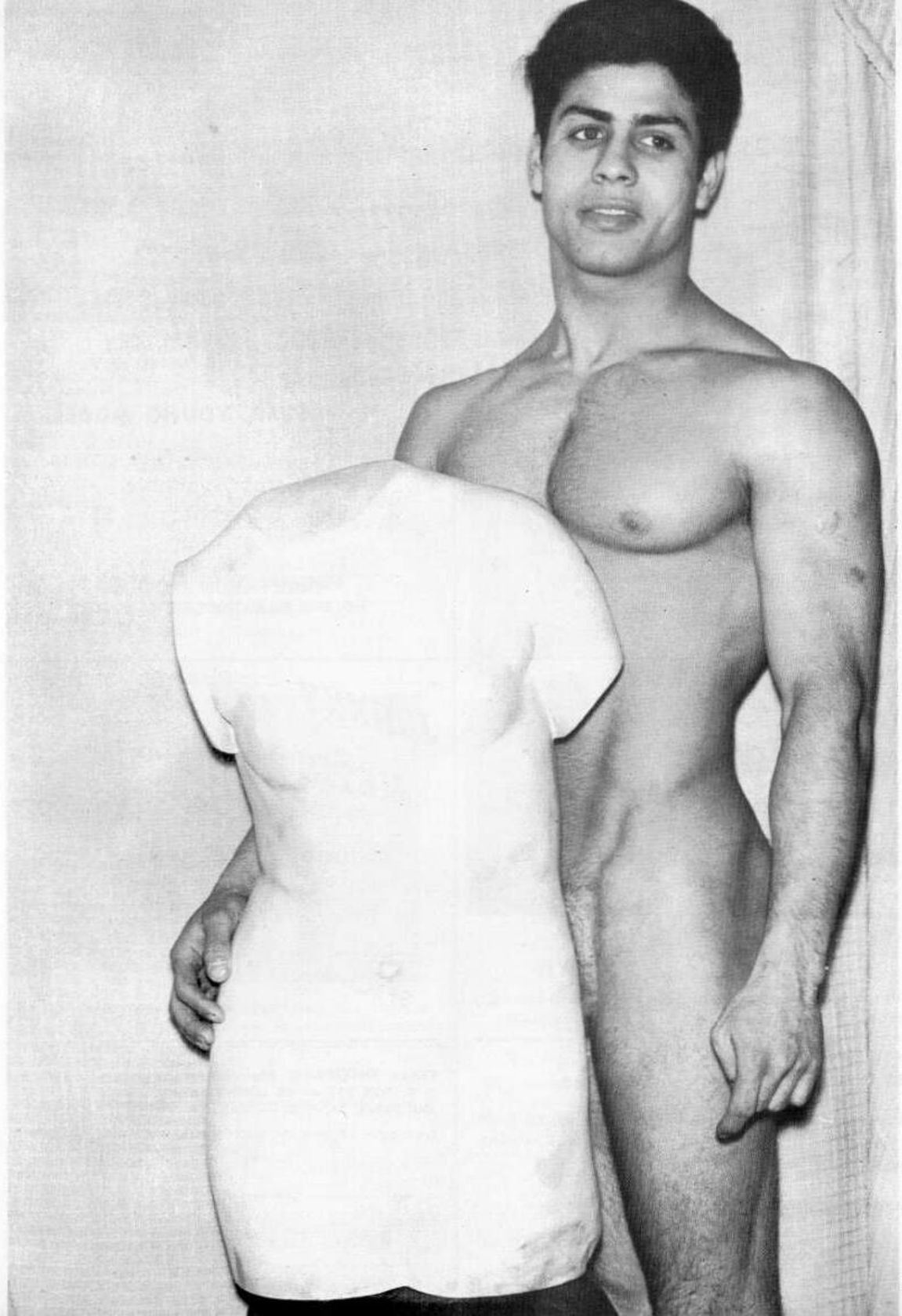

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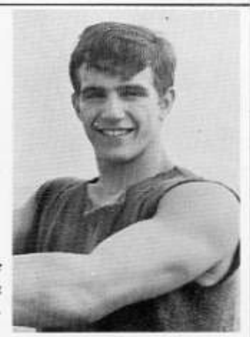

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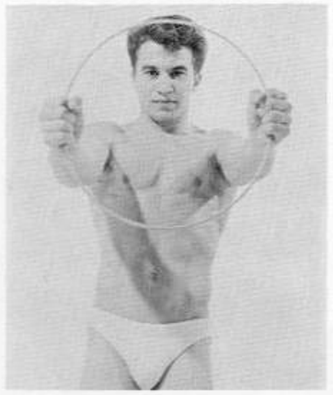

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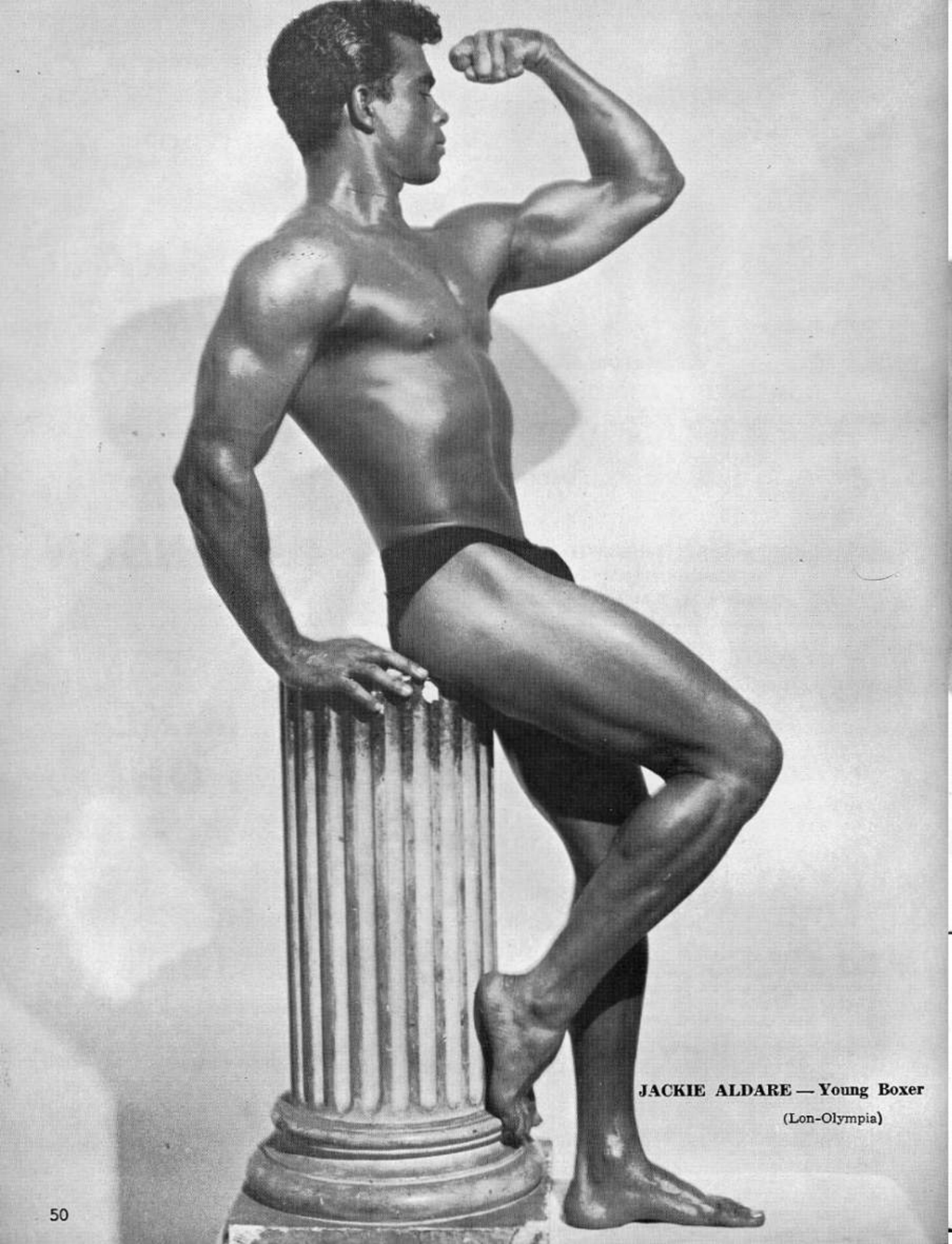

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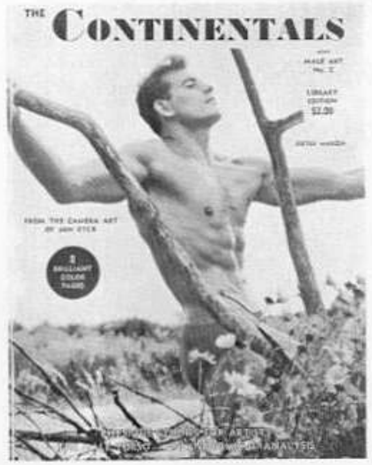

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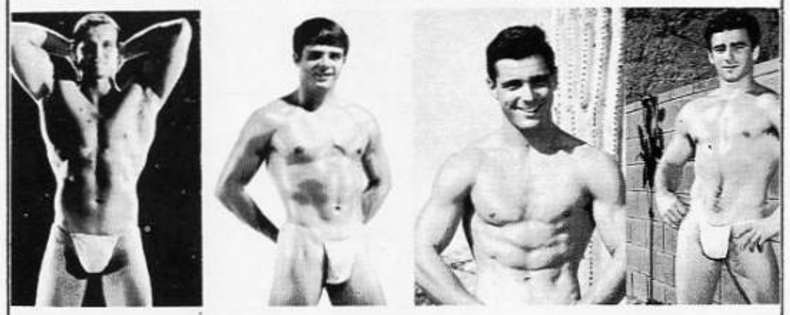

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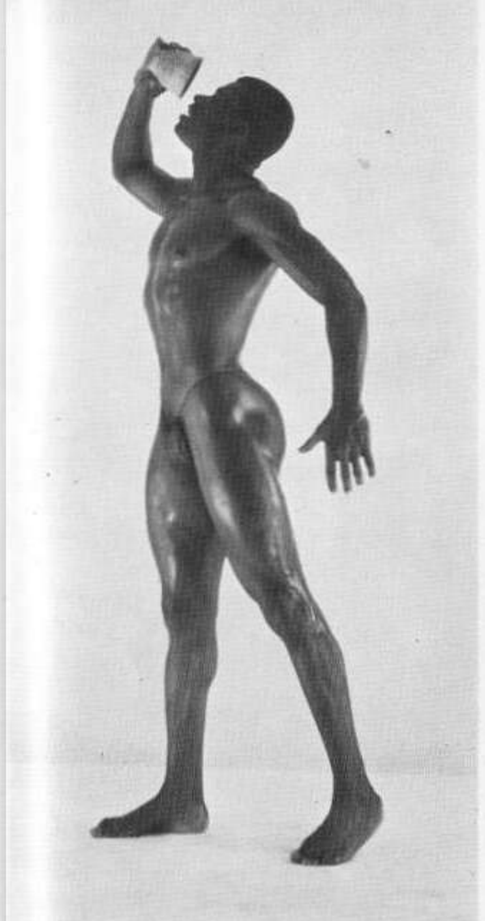

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of

FESTUS FRANCIS

as photographed by
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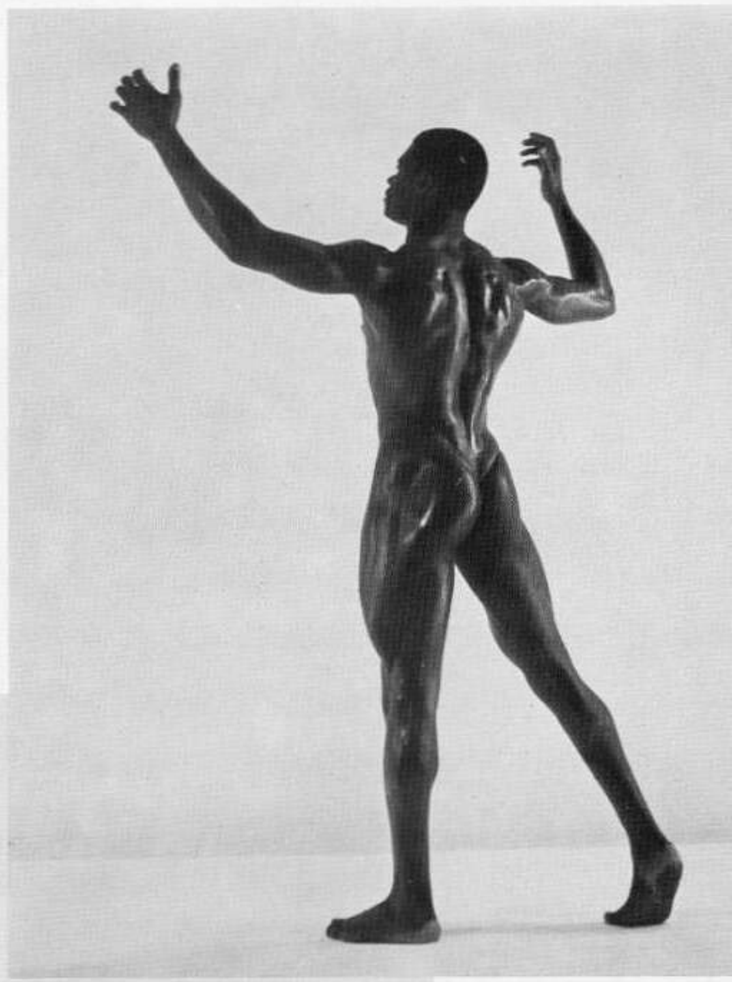

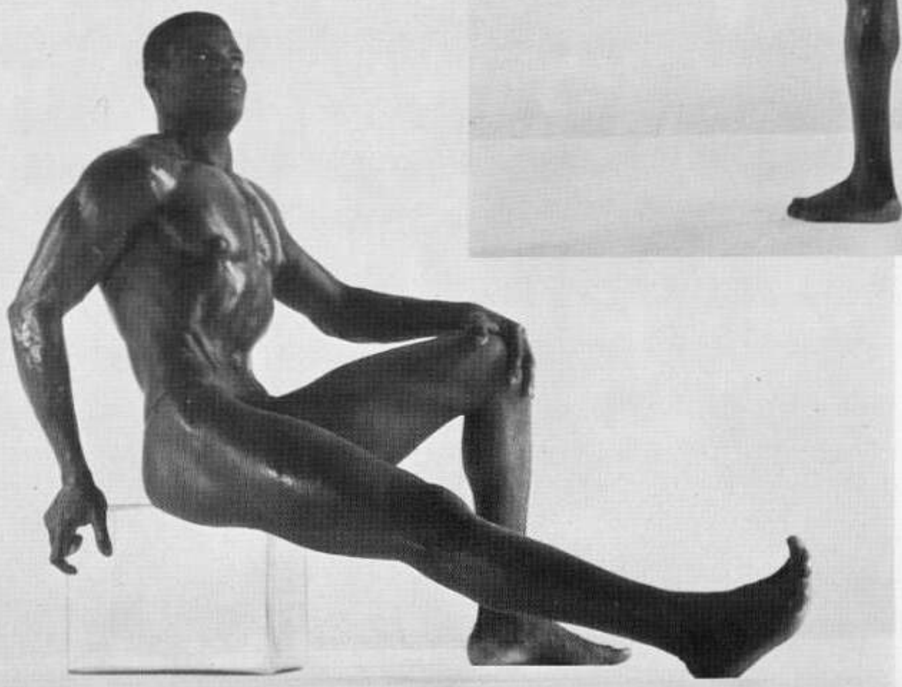

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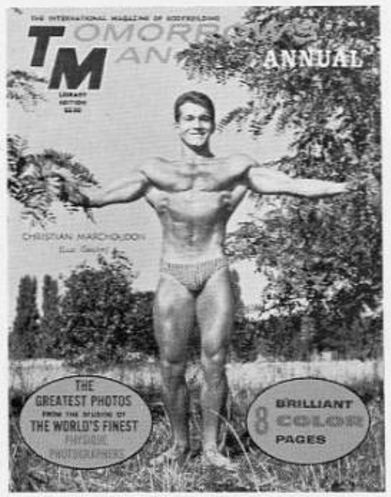

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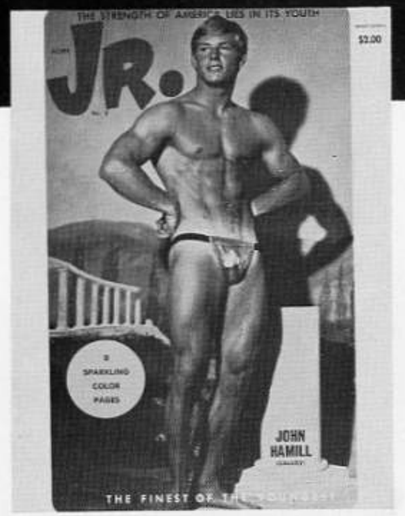

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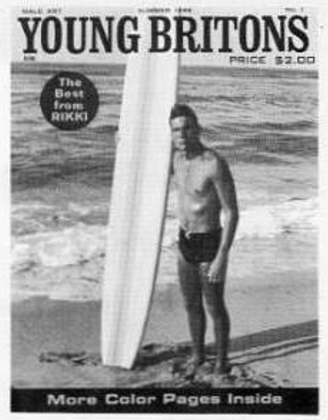

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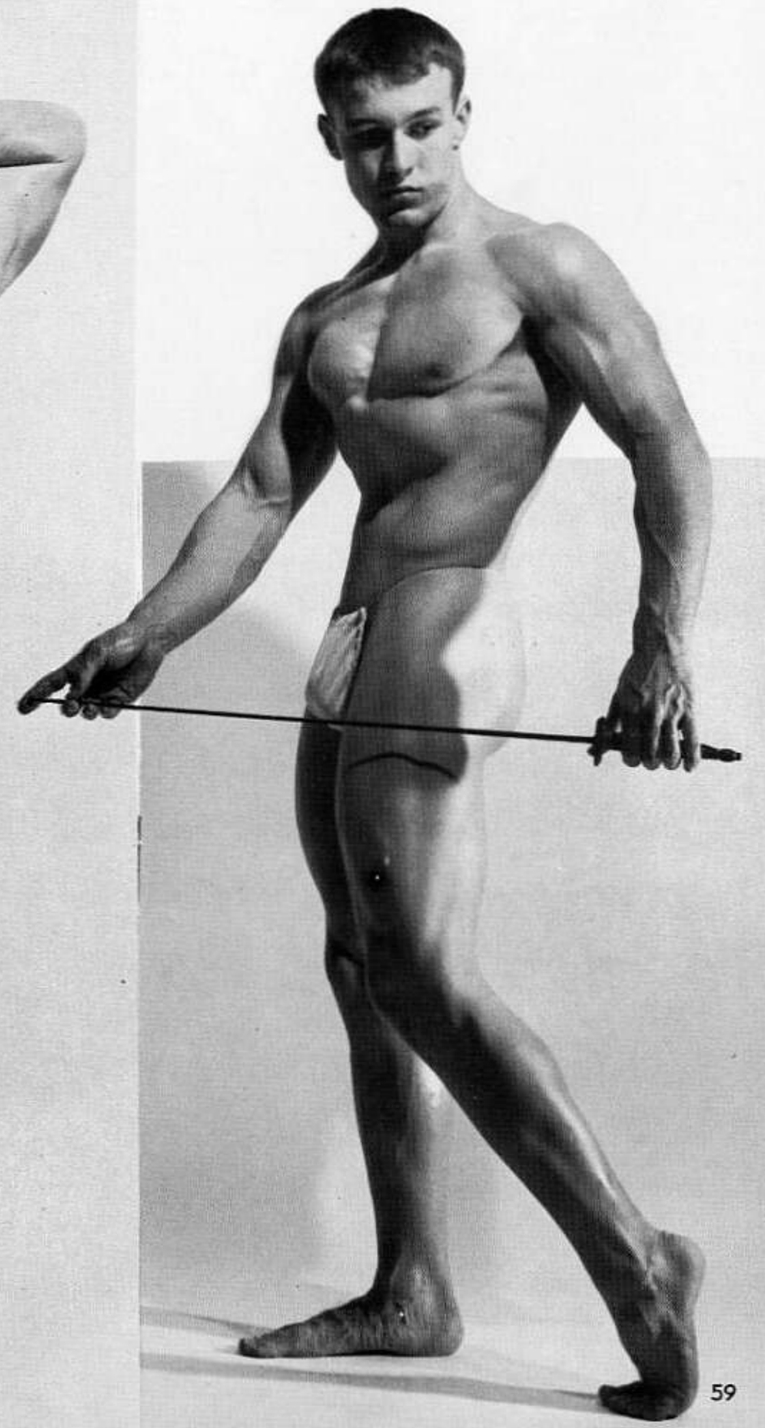

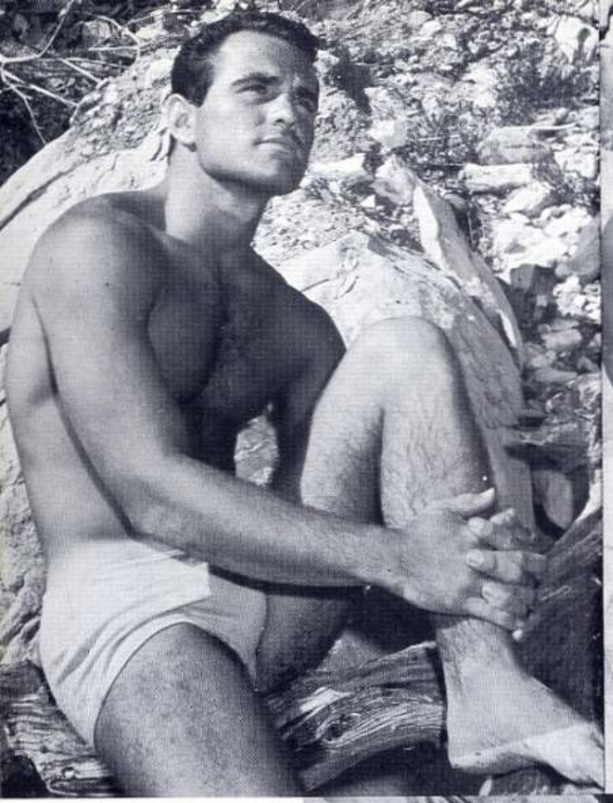

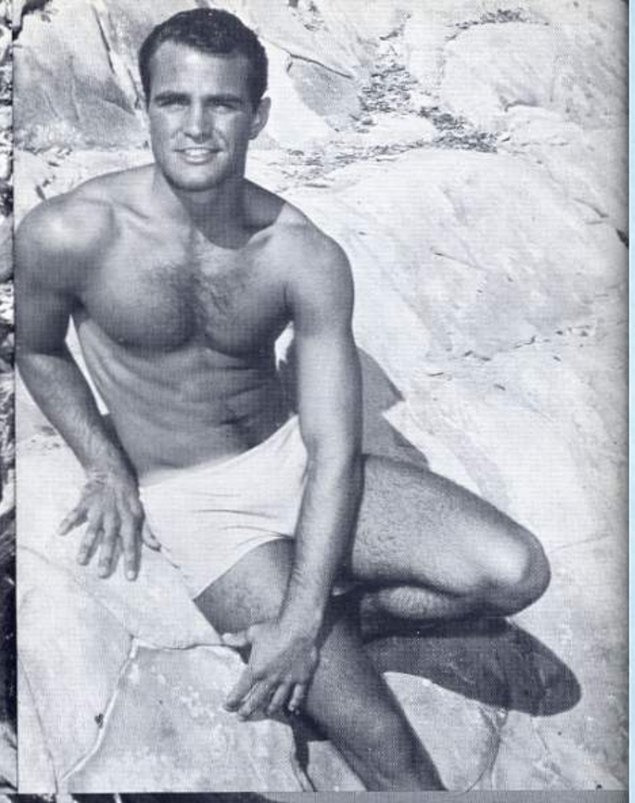

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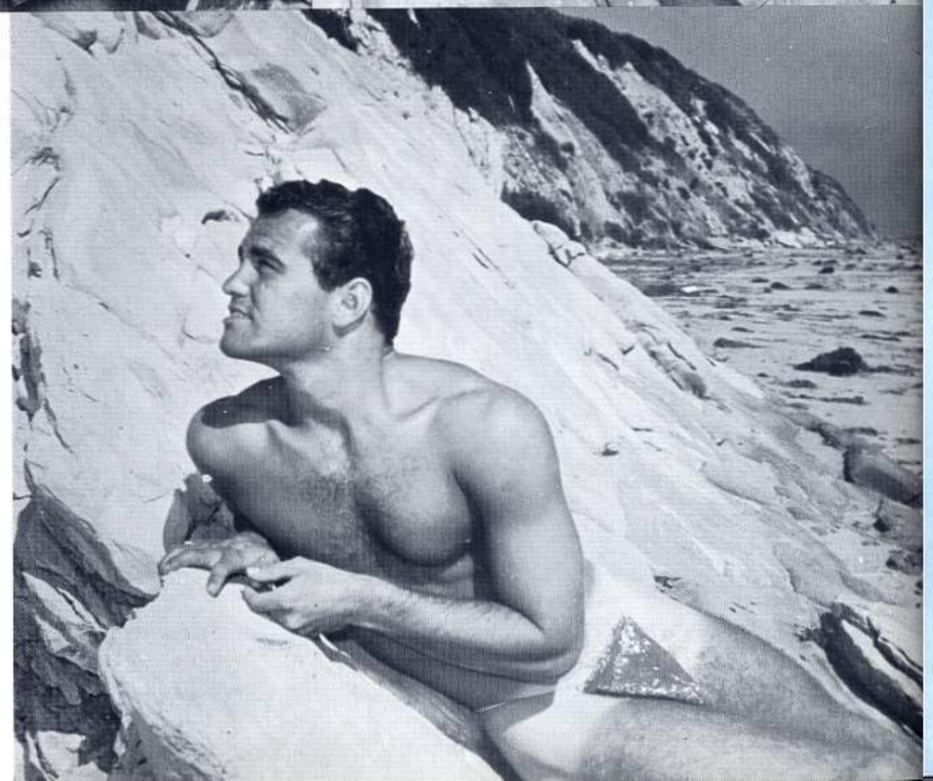

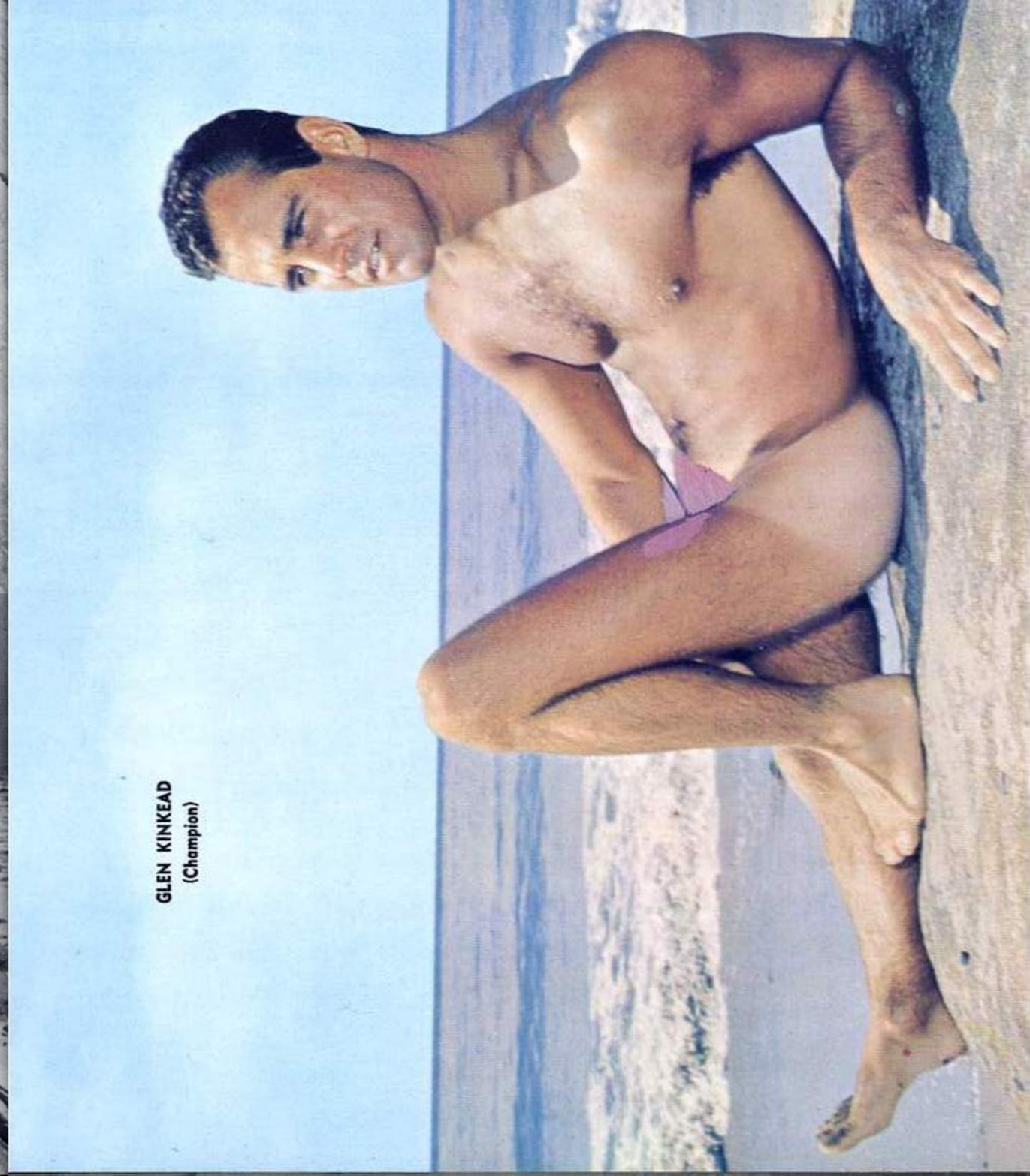

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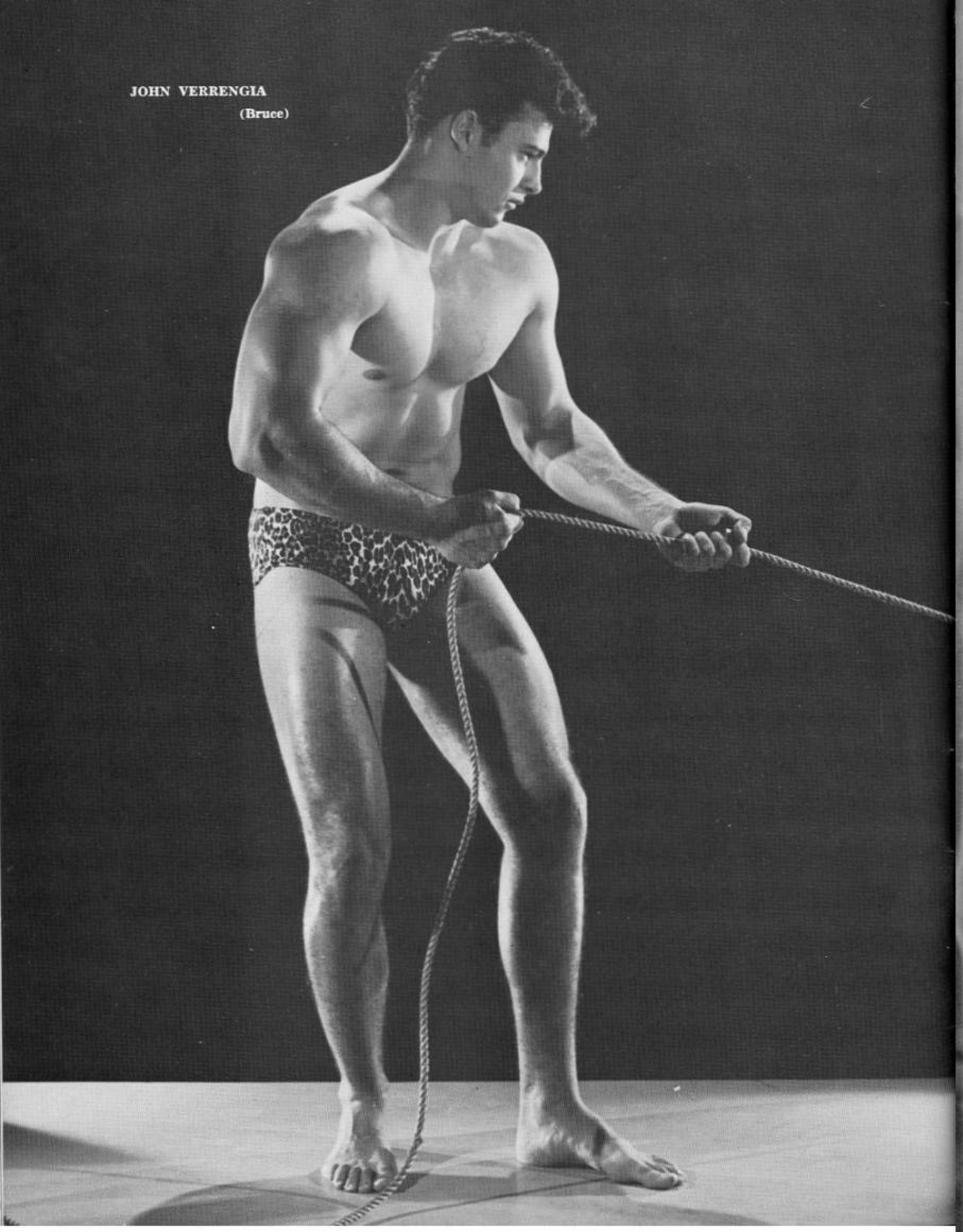

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